

MIRACLES OF FRUIT

by

Kvj. Ganpati Singh Verma

M. Sc. (A), Ayurveda Vachaspati

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PREFACE TO THE 7TH EDITION

The first edition of this book was printed in August, 1954 and it was completely exhausted within a short period of three months i. e. in Nov, 1954. Since then new editions have been published almost every year. During this period the book went into the hands of eminent doctors, lawyers, judges of High Courts and ministers, all of whom liked it very much; I have also received numerous letters in appreciation of the book from some distinguished readers holding high public positions. While new chapters on carrot and tomato, were added in the 4th edition, no stone has been left unturned to make all possible improvements in the present edition as well. The addition made in the 5th edition is rather more remarkable. It is of a newly discovered fruit which has recently been acclaimed by many doctor and vaidyas as a cure for T. B. Pictures of most of the common fruits and vegetables have also been given at the end to get the reader acquainted with the items which are not native to his place. This the edition carries a chapter on Cashew Nut. Although every care has been taken to avoid errors and omissions, yet some press mistakes might possibly have escaped notice. I hope reader will very kindly point out such omissions for which the author shall be very thankful. Other suggestions to wake further improvements in the book are most welcome.

G. S. Verma

INTRODUCTION

Indian vaid, hakims and doctors have always been advising the use of fruits to provide patients with a desirably light and nourishing diet, but none except a negligible number of physicians having an inquiring nature, did pay attention to exploring the possibilities of using them like medicines to combat diseases. That is, perhaps, the cause of my not yet having come across any such literature of real worth, elaborated by an Indian author which explains the theory and practice of treating all ailments through the exclusive agency of deliciously sweet and palatable fruits. However, I have gone through certain books dealing with the properties of some fruits in the form of *Materia Medica* but then those too miserably fail to furnish precise and positive guidance to the inquisitive reader or physician to choose one for administration in specific cases. This state of affairs prompted me to give practical shape to my earnest desire to bring out a book which, in addition to vaid, hakims and doctors could serve as a beaconlight to the general public as well, so that they might derive maximum benefit from the use of fruits, the kindly boon of mother Nature as an effective agent to ward off diseases.

With this objective in view I published a special number **Phalon-se-ilaj** of my monthly magazine 'Rasayan' on the subject containing accounts of my extensive experiences conducted on my patients with fruits and the notes of observations of a few other eminent physicians. This was absolutely a unique and novel idea so far as the common theme of monthly journals is concerned and naturally readers appreciated it considerably. Its vast scope of usefulness impressed some English knowing readers (having a shallow knowledge of Hindi) and a few of my M. P. friends so much that they emphasised the need for an English version of the valuable work in the interests of the English knowing class and the present volume is just the result of their repeated persistence.

With the onset and expansion of the so called 'Civilization' artificiality in every walk of life has won such a tremendous welcome that it has played a free hand on our daily dietary, mode of life, conversation and reciprocal conduct, with the result that the rich, the poor, the literate, the illiterate, the wise and the foolish all alike have grown to be fed upon by colossal vexation, solicitude and peacelessness, while premature senility, death and disease are found to be battering hard at their doors. We may, for a moment, suppose that reasons other than unnatural and artificial diet may, somehow, tend to escape undetected but transgressions committed in respect of diet can never escape the watchful eyes of Nature and the miscreant can never go unpunished for the wrong action. Untimely death with a thousand and one tortures is the punishment of Nature for such infringements. So those who wish to lead a long and healthy life should stick to the use of fresh and dry fruits particularly fresh fruits which are undoubtedly the best natural food. That fruits are endowed with the quality of providing fruit eaters with a gay and healthy life extending to several years and at the same time they contain wonderful Powers to destroy every disease that has been shown in the following pages. Diseases of the body from head to foot have been dealt with in a systematic order and a detailed description of the scope and method of the use of certain fruits in various diseases has also been given in chapters relating to corresponding diseases. This has been done to facilitate easy reference.

In writing this book, I have taken substantial help from essays of some of the well-informed and leading physicians of the country. A few chapters of the book from page 208 to 223 are compiled from the articles contributed by Shri Kaviraj Mahendranath Pandey, Shri Vishweshwar Dayal, Chikitsa Churamani; Shri Ramesh Bedi, Ayurvedalankar; Kaviraj Vishwa Nath Prasad, Rajvaid Sohan Lal Aggrawal and Pt. Chandia Shekhar Jain, Vaid-Shastri and I offer them my warmest thanks for the courtesy they extended to me.

Similarly, my thanks are due to Shri Hakim Mohammad Abdullah; Shri Vitthal Dass Modi; Dr. Bhoj Raj; Pt. Hari Prasad, C. Bhatt Ayurvedacharya. Vaidya Parkash Vati Jain Visharada; Kaviraj Hari Narayan Vaid Kokcha; Shri Krishna Prasad Trivedi B. A. Ayurvedacharya; Shri Vishwa Nath Trivedi, Principal, Lalit Hari College; Hakim N. L. Soni and

Shri Teji Lal Nema, Vaid Ratna; for the voluntary liberal help they rendered by sending me notes of their observations and experiences gained in the use of fruits. I also offer cordial thanks for the material co-operation extended to me by Shri Dr.^o S. Kumar, B. A., B. D., L. A. M. S.; in bringing out this English Edition and by Shri Kaviraj Gauri Lal Chānana B. A., Vaid-Vachaspati who took great pains in going through the proofsheets and giving the work necessary finishing touches.

A glossary of the names of fruits and other medicinal drugs referred to in the book with their equivalent names in the languages spoken in different provinces of India has been added at the end to make the publication equally useful to the people of every part of our vast country.

If the study of the present volume results in any material good to the readers I shall consider my labour to be worth while and amply rewarded.

'Rasayan Bhawan'
3, Daryaganj, Delhi

G. S. VARMA

PREFACE

I have gone through the book '**Miracles of Fruit**' which has been written and compiled by **Kvj. Ganpati Singh Varma**, Rasayan Bhawan, 3, Daryaganj, Delhi.

The book is a useful compilation of all modern and ancient available literature regarding fruits along with facts based on long practical experience of the learned author on patients of various diseases. It contains a number of extremely useful and therapeutically important recipes of fruits diet which are described in such a simple and clear style that even an ordinary man or a house-wife can prepare them without the least difficulty. The author has successfully tried to combine both the qualities of effectiveness and deliciousness in the recipes mentioned in this book. The facts about disease-curing properties of fruits have been amply corroborated by detailed accounts of the patients cured by the author or some other prominent physicians under their direct supervision and care. These accounts dispel out completely whatever doubts are present in the minds of the readers regarding utility of a particular recipe he selects to use for himself. The people who like to advocate and follow the nature cure in their ordinary ailments will find this book a great source of help and a specific guide in treating their acute and chronic troubles.

Ancient Rishis of Bharat had discovered a simple and very effective dietic treatment for most of the diseases and had formulated certain fundamental principles for general guidance.

According to them there are two main causes for most of the bodily ailments—overfeeding and under-feeding and millions and millions of people are victims of this mal adjustment of food and the only remedy to correct this unbalanced diet is the plentiful use of seasonal fruits.

Even Maharaja Bhartri who was once upon a time a great advocate of the principle 'eat, drink and be merry', after his

renunciation and a long practice of Yoga had eventually come to the conclusion that the best food for humanity is "फलमलमशनाय स्वादुपानाय तोयम्" the nice fruit to eat and sweet water to drink. If this simple prescription is followed by man, the humanity will be much happier and healthier, and there will be little need for those highly concentrated chemical foods and medicines which are flooding our market these days and which are making our country dependent on foreign products.

I am also a great admirer and advocate of fruit diet and I have been using various Kalpas (fruit meals) for so many different types of diseases with great success in my 40 years of medical practice.

Ayurveda (the science of life) is full of such Kalpas and if they are properly and systematically followed, they can rejuvenate the body.

At the same time modern researches regarding chemical composition of fruits are in no way less important from therapeutic point of view. The author has, therefore, very wisely put together all available data from modern and ancient sciences in his present work. It is evident at every place that the author has taken great pains to see that the reader is put to the least possible trouble in making use of this book and at the same time he gets all necessary available information about nutritional and therapeutic value of fruits. I am gratified to say that he has succeeded in his cherished aim to a great extent and deserves appreciation from the general public. The author has also done a great service to medical profession in bringing to light a topic of great importance which has hitherto remained almost neglected.

By doing so he has rendered a great service to the suffering humanity, and I, therefore, feel pleasure in strongly recommending this book to the intelligentsia of our country.

Adviser
to the Ministry of Health
(Govt. of India)
for I.S.M. Ex-Director of
Ayurvedic Dept.
New Delhi.

K. PRATAP SINGH
Vaidyan, D. Sc. (A)
(Rajasthan Govt.)

THE MYSTERY OF THREE HUMOURS

The fundamental theory or base of the Ayurvedic System of Medicine is the three humours (doshas) of the body, on which depends the health and disease of all animals. Readers of this book will very frequently come across reference to three Doshas viz. 'Vat', 'Pitta' and 'Kaf' and hence it is necessary to acquaint them with at least an elementary knowledge about them so as to enable them to grasp the sense of such passages more precisely. With this object in view, I have thought it expedient to devote a few lines to describing the chief attributes and functions of the Doshas in the body.

I am aware of the fact that the subject is so vast and delicate that any scholar of the subject may regard the description to be totally insufficient or even mediocre, yet I beg to be pardoned on the ground that the main object of this hand-book is only to discuss at large the scope and desirability of the use of fruits in fighting ailments and promoting health and happiness.

WIND (VAYU)

Every movement of the body, whether voluntary or involuntary, is brought about and governed by some portion of the nervous system. If we do anything, we do it through the agency of the nervous matter which acts as a medium between the mind and the muscles. Here the nerves do not produce motion by their own contraction but by their influence over the muscles in which their fibres terminate, otherwise expressed, it can be said that the function of the nervous system is to co-ordinate and control the various activities, muscular and glandular in the body. So '**vayu**' which is classified into five main divisions for facility of expression viz., '**Pran**', '**Udan**', '**Saman**', '**Apan**' and '**Vyan**' is the guiding principle of the body from which is evolved the nervous force that regulates all the functions of the body.

The seat of wind (vayu) is mainly the pelvis, sigmoid flexure, rectum, loin, thighs, feet, bones and intestines.

Disorders of this principle cause pain and pathological conditions in the system; like extraordinary flutters flatulence and paralysis of limbs, the sensory and motor nerves stop functioning in the normal tone, upsetting the physiological

working of the bodily organs singly or collectively.

BILE (PITTA)

This is the second principle which is subdivided, into five kinds according to their functions viz. '**Pachak**', '**Rapjak**', '**Sagdhak**', '**Alochak**' and '**Bhrajak**'. It produces energy, colour to the skin, provides vision, facilitates digestion of food and regulates temperature and metabolic process in the body.

Duodenum, gastric secretions, lymph, blood and sweat are the principal seats of bile.

Its excess in the human mechanism produces harrassing symptoms like dizziness, burning sensation, vomiting, diarrhoea, loss of eye sight, derangement of appetite, fevers etc.

PHLEGM (KAF)

The third principle **Kaf** cools the system, imparts desired vitality, virility and intelligence, strengthens the joints with synovial secretions, makes the body hardy and checks the excessive heat produced by bile. Authors of Ayurvedic texts have defined five kinds of '**Kaf**' viz. '**Avlambak**', '**Kledak**', '**Bodhak**', '**Tarpak**' and '**Shleshak**' and have described lungs, head, neck, joints, stomach and fat to be its main abodes.

Abnormal presence of this element produces symptoms like idleness, impotency, cold, cough, impairment of active and rational thinking power and various allied conditions.

In short, just as a powerful engine when it loses power to move due to the absence of fire, water and steam is no better than a huge iron lump similarly our body which is full of strength, and adroitness becomes helplessly inactive and useless if the balanced condition of these three humours (tridoshas) is upset. In balanced condition they furnish the body with radiant health, attractive complexion and a long, faultless and happy life.

In conclusion, a few words regarding the process by which the system falls a prey to the diseases will provide useful piece of knowledge to a beginner. On this point, Allopathic doctors believe in the theory of germs which are alleged to attack the system, overcome its power of defence and cause certain ailments varying according to the nature of the infection. But

here the point which should be clearly understood is that the invading germs cannot succeed in getting a foothold and originate a disease as long as necessary immunity is there to protect and safeguard the body and fight the invasion successfully. This immunity is but another name for an equibalanced condition of the three humours of the body.

SOME NOTABLE FACTS

1. It is wrong to presume that only costly fruits like grapes, apples and pomegranates have better healthpromoting properties and that seasonal fruits like Eugenia Jambolana (**Jamun**), Bael, Capegooseberry (**Makoya**), Falsa (**A sub-acid fruit**) and Papaya are inferior to them. In reality these cheap fruits carry high nutritional foodvalue and comprise a rich dietary as they contain a large store of essential vitamins and mineral salts. At the same time, they work as good alternatives to the respective seasonal defects and owing to their cheapness both the rich and the poor can easily be benefited by their use. Practically there seems to exist a silent wink of nature to encourage the use of fruits that grow abundantly in particular seasons.

According to the Ayurvedic theory, plum is perhaps the only fruit that is not so well tolerated by the system. Although the healthy can ingest it in a small quantity without sustaining any substantial harm, yet the invalids, in my opinion, should refrain from its use.

Fruits like guava, pear etc. which have their rind stuck to the kernel and which cannot be peeled by bare hand, should be eaten whole without peeling them off. This practice ensures proper intake of cellulose which tends to relieve constipation and clean the bowels. Rinds which are rather hard, or taste bitter or are nauseous and can be removed by hand without the aid of a knife-blade may be peeled before eating.

2. Fruits make better combination with milk than with meals. Admixture of fruits with vegetables is not considered good but there is no harm in taking fresh and dry fruits together. Very often people ask the right way of taking fruits with a flat meal, but here it should be clearly borne in mind that in order to derive maximum benefit from fruit eating, they should be taken alone. Should it be necessary to take fruits with regular food, they should

form a larger proportion of the whole. However, taking fruits when the stomach is already stuffed with bread, milk, vegetable etc., tends to make the system heavy. Fruits thus taken fail to display desirable benefit and that is why it is sometimes remarked that inclusion of fruits in dietary brings about no notable good to health.

3. The third point is that only one kind of fruit should be taken at a time; for instance if you take banana now, it would be wise not to eat with it any other variety of fruits.

4. In disease conditions and when concluding a fast it is generally felt necessary to advise the use of fruit juice only. For this purpose the juice of whole fruit, cut to pieces, should be squeezed out through a white cloth in a glass or stone ware and drunk immediately. If the extracted juice is left to stand for two minutes even, it begins to isomerise and turns into a harmful substance. It should be borne in mind that in order to effect a speedy cure a sick person should take at a time a single variety of fruit suitable for that particular ailment.

5. Now there is a section of men who think that taking fruits on an empty stomach is harmful but this view is totally baseless. In order to derive the maximum advantage from fruits they should be enjoyed when the stomach is empty. Taking fruits in the morning and at noon and having a flat meal including bread and vegetables in the evening is a good scheme. Taking fruits early in the morning, at noon and at night has been similarised with Gold, Silver and Copper respectively according to its usefulness which means that taking fruits in the morning is the best.

6. While taking fruits to eliminate illness, it should not be forgotten that we have to take them only thrice viz. morning (breakfast), noon (lunch) and night (dinner). Indiscriminate eating produces disease is a universal rule and fruit are no exception to it.

7. Lastly, a rational use should be made of only those fruits which are fully ripe and mature as regards their juiciness and vitalising factors through free play of the natural agents e. g. sun, shade, rain and wind and not those which are rotten, bad smelling and infested by any kind of insects. Maharishi Charak has interpreted a very wise rule of nature when he advises to make free use of fruits and vegetables in

the season in which they grow abundantly. Unseasonal fruits and vegetables can only satisfy the sense of taste but cannot promote health and happiness. Thus, when particular fruits and vegetables grow abundantly in a certain season it should be concluded that the Almighty wishes us to enjoy them in that season while on the contrary, scarcity generally means that we need use them proportionately less.

FRESH AND DRY FRUITS

That fruit is the natural diet of man is an agreed fact (fruits do hold an important place in all the prevalent). Modern therapies and eminent doctors of the day unanimously hold that at least one pound of uncooked and unspiced fruits should be taken daily to maintain health. Our sages and hermits of the days of yore had been enjoying long healthy lives through the use of wild roots, tubers and fruits. A similar story is current among the Mohammedans that the diet of Father Adam and Eve (The Mother of mankind), when they were created and ordered by God to live in the garden of paradise, was the fruits of paradise. There they subsisted on fruits only and enjoyed the heavenly pleasures, but when they were banished from Heaven owing to their own errors and colonised this Earth, then, presumably, they lived on the earthly fruits only

As already stated only fresh and dry fruits are the natural staple food of man. They contain a good quantity of all necessary nutritious elements in such a rational proportion that men subsisting on this natural diet can invariably lead a healthy life. Moreover, ailments arising on account of injecting unnatural food are also apt to be removed through a fruity diet. In other words, fresh and dry fruits are as much a good medicine as a good food. Generally, medicines which are used to cure bodily defects are tasteless or nauseatingly bitter or toxic in reaction and may exert very bad effects upon the mucous membranes of the stomach the nerves and capillaries embedded therein but on the contrary, fruits are deliciously sweet and tasty and they supply vital energy to every part of the body.

CHILDREN'S DIET

Second to mother's breast milk, fruits from the real staple food for infants and children. If they are not put to the habit

of taking unnatural and artificial eatables such as meat etc. fruits constitute the best diet for children of every age. Moreover, they can replace all medication designed to cure children's ailments. Unequivocally, medicines tell badly upon the human system and more so on children's health. At the same time the little ones like fruits more than sweets.

SWEETNESS OF FRUITS

Sweet fruits which ripen under the sun are specially rich in glucose and other nutritious elements. A substantial amount of water, fat, starch and glucose is also present in many of them. All these elements are exceptionally helpful in potentiating the human body and furnishing it with vital force. Fructose present in fruits is far superior to any other type of sugar in respect of sweetness, digestibility and vitalising properties, and at the same time provides extra calories of heat and energy to the vital organ of the body, while artificial sugar and its preparations irritate the system and their use proves exceedingly harmful, whereas the sweetness of fresh or dry fruits is a source of real vigour for the body and never does any harm.

SALTS AND ACIDS IN FRUITS

In addition to sweetness some fruits are particularly rich in salts and acid elements. They also contain phosphorus in a good quantity which is the best brain tonic. Fruit-salt is the ideal remedy for those who have grown weaker, owing to blood impurities. The tartness of all types which the fruits are endowed with is always beneficial and is never found to be harmful.

IRON IN FRUITS

Red fruits contain a substantial amount of Phosphorus Iron, Sulphur and Calcium elements and by making specialised choice any physician or a layman can utilize them to purify blood and cure good many kinds of diseases.

FRUITS IN DISEASES OF HEAD

Fruits are notably effective in strengthening the brain particularly those which contain more of phosphorus, such as apples etc. act like a panacea for this purpose. The kernel of walnut which resembles the encephalus (brain) is a positive

cure for weakness of brain.

FRUITS IN EYE DISEASES

• As I have already explained, a sure cure of all brain deficiencies lies in tackling them with a rational supply of fruits. Fresh and fully ripe fruits like grapes, apples, banana and figs are best suited for this purpose. The above mentioned fruits contain a superior quality of easily assimilable sugar which can readily be transformed into physical force that replenishes lost energy and refreshes the brain.

Fresh and quality fruits provide strength and vitality to the brain and other vital organs and sharpen the eye sight too.

Here I would like to apprise you with a new thought, but I don't know, how far my professional brethren will agree to it. Most probably you have seen in big medical stores in the bazar so many show-boards with the following inscriptions, "You may please step in for original and genuine drugs, pure musk, Amber, pearls etc." Similar sign boards can be seen on clinics announcing that the doctor inside is an Eye Specialist or a Piles Expert etc

These show-plates are meant to attract public attention towards some reliable object. Vegetables, roughages and fruits are clinics and medical stores established by the kindly mother nature and they too are superinscribed by boards which indicate their particular qualifications and merits, but mental vision as well as physical faculty of sight is necessary to read and understand their meanings. We have already described a show plate of nature which reads thus :—

"Walnut kernel is a sure cure for brain weakness" because it resembles in shape the human brain. Similarly, the almond is a useful dry fruit for optic defects and lo ! nature has made it similar in shape to that of an eye. This is surely nature's hint and the show plate. We can likewise assess the properties of several other fruits, but I don't wish to increase the volume of this book by commenting on this point here at length as I have already dealt with this subject in detail in my book "Miracles of Indian Herbs."

FRUITS IN DISEASES OF THE ORAL CAVITY

Fruits have proved to be enormously effective in exterminating bad odour of the mouth and diseases of teeth and gum.

Non-vegetarian diet and other irritant food stuffs cause blood impurities and bad odour of the mouth which is so intense in some cases that one feels it difficult to talk to such person even from a distance of two yards. This condition culminates in formation of pus in the gums which we term as 'Pyorrhoea'. Fruit diet purifies blood and destroys the bacteria present in the mouth.

FRUITS IN DISEASES OF CHEST AND LUNGS

When lungs get impaired, oxygenation and purification of blood are hampered (Lungs being the basic organ where the blood is purified through diffusion of gases) and the body having been attacked by dangerous diseases like phthisis or consumption gets lean and weak. Application of fruits as diet and medicine in diseases which are amenable to their use will be referred to in their proper places.

Olive oil is the best available adjunct to keep standard health and vigour as the fat found therein is easily digestible. It is many times more useful than cod-liver oil. Persons suffering from consumption are strongly advised to use it. Other beneficial fruits can also be very well included in the diet along with it; particularly those who may find it difficult to take it alone are advised to take it mixed with orange juice or any other better suited fruit squash. This mode of administration will also be found to be equally advantageous.

FRUITS IN HEART DISEASES

That fresh and dry fruits are endowed with unique properties to strengthen the heart, is an open secret. Even the costly Bhasmas and Yaquities are administered with the concentrated syrup of pomegranate or jam of some other fruit. Heart troubles require no other medication provided that vitalising fruits like pomegranate, apples and grapes are regularly used as these are claimed to be the most successful natural treatment of the ailment.

FRUITS IN STOMACH TROUBLES

The stomach is body's cook and it prefers fruits to any other foodstuff which it digests in little time. Various fruits vary greatly as regards the time required to digest, some are digested sooner while others take comparatively more time—yet as a general rule, they are more easily assimilable and the

stomach is put to the least strain in digesting them provided that they are fully ripe and are subjected to proper mastication prior to eating. Fruit juices is natural soda water as it can fittingly be named, owing to the presence of water, salts sugar and acids therein, and it can be digested virtually in no time.

Assimilation of fruits depends upon the diet with which they are taken. Many men are in the habit of eating sweet and sour fruits together or mixing them with a milky diet which causes undesirable consequences in most cases; similarly taking fruits along with vegetables should also be desisted from, for this too creates some trouble.

Unseasonal fruits, unripe ones, or those which are on the brink of decomposition or decay should never be used as they cause dyspepsia, colic and diarrhoea, upset the digestion and the general well being of the body.

Persons suffering from anorexia and indigestion kept on light fruit diet for eight to ten days are relieved of their trouble.

FRUITS IN INTESTINAL DISORDERS

That constipation entails unnumbered diseases is a proved fact but no remedy on earth ensures permanent relief against it except fruits which are the only medium through which even a chronic case of constipation can be cured. Fruits regulate peristaltis and hence render congestion impossible. Apples, oranges, pears, bananas and strawberry contain laxative properties by nature but figs, grapes, apricot, raisins and dates are particularly effective in uprooting chronic constipation for good. They should either be taken well chewed or a good quantity of their juice should be drunk to achieve this end.

FRUITS IN LIVER COMPLICATIONS

Fruits have the peculiar quality of setting right liver disorders or relieving extra heat produced in it. Salts and acids present in fruits play an extraordinary important part in rectifying and regulating liver functions. Anaemia brought on through any causative factor can very well be done away with by including fruits in the dietary particularly banana which is good blood producer. Infantile anaemia, can best be relieved through the agency of fruits. Orange-an antianaemic

fruit also improves complexion, destorys hetrogenous elements of blood and purifies it. Thus those who are in the habit of taking enough fruits own a blotless, fair and attaractive complexion.

FRUITS IN DISEASES OF KIDNEYS AND BLADDER

Fruits have diuretic properties and hence flush out the kidneys. This quality is more predominant in lemons and citrons. These fruits not only cleanse the kidneys but regulate their functions too. So, those suffering from Diabetes Mellitus should use fruits more lavishly. Moreover those condition has deteriorated a lot owing to this disease are advised to subsist on figs and dates only. Mango is shaped like kidneys by nature, and according to the natural allusion which has already been referred to, it is endowed with the properties of strengthening the kidneys. They generally treat case of bladder stone and other kidney and bladder disorders in Western France, Southern Germany and Switzerland with grapes, and the method of treatment has been acclaimed a grand success in constipation, dyspepsia and liver disorders too in addition to the above named ailments. Two to three and sometimes six pounds of grapes are prescribed daily in such cases.

FRUITS IN PECULIAR DISEASES OF THE MALE SEX

Mainly irritant and poisonous drugs are used in venereal diseases af men, but we can remove all defects of the male organ through a rational use of fruits. Vitalising fruits like apples, mangoes and grapes supplemented by an adequate supply of milk and butter show quicker and better results. We shall further deal with a few fresh and dry fruits which are good rejuvenators and stimulants.

FRUITS IN PECULIAR DISEASES OF FEMALE SEX

Digestive system of the women folk, mainly those belonging to rich families who are in the habit of idling away their time in ease and comfort, gets sluggish and cannot perform its functions well, while their liver heat is increased and bowels remain constipated; thus putrefaction of the unevacuated faeces sets in in the intestines, which creates a

sort of uneasiness and mild pain in the limbs. Sometimes there is backache and stiffness of head while at other times actual headache ensues. The patient remains under the influence of a drowsy mood and all these complications are not amenable to digestive powders etc. while bitter and unpalatable medicines are disliked by them. Such female sufferers will be pleased to find their agony relieved, provided they are mostly put on fruit diet for two to three weeks at a stretch; plenty of water should also be advised with it. This will ensure normal digestion and easy evacuation of excreta resulting in radiant health of the lady sufferer.

FRUITS IN DISEASES OF THE NERVOUS SYSTEM

It is erroneous to hold that fruits, particularly sour ones, are harmful in diseases of the nervous system; but on the contrary, acidity of fruits proves beneficial in such cases and taking a good quantity of fruits cures rheumatic or gouty disposition.

FRUITS IN FEVERS

Fresh fruit juice is exceptionally beneficial in fevers. Orange juice is a tasteful, appetising and easy to assimilate tonic drink. When the skin is parched hot and dry and the lips are desquamating from fever it can more and more be made use of. This induces quick defervescence, quenches thirst and soothes the patient. Those who advise cheap Arqs in place of these squashes sequelise injury to health; so this practice should be desisted from.

FRUITS IN BLOOD IMPURITIES

Fruits which are acidic or have laxative properties relieve blood impurities and dermatitis very soon. Mostly meat eaters have their blood poisoned and its real treatment lies in fruit eating.

FRUITS IN OBESITY

Over fattiness is surely a disease and those fat fellows who wish to see their bodies reduced to normal and full of true zeal and vigour should make it a rule to take to more juice of sour fruits. Taking two or three glassfuls of lemon or orange juice or juice of two lemons daily, remo-

ves extra fat and it not only makes the body slim but also strong.

DO YOU ASPIRE TO LEAD A LONG HEALTHY LIFE ?

If so, you should make it a practice to take fruits generally and rest assured that no disease will attack you. It is a universal fact that fruit eaters have proved to be more successful in every walk of life and in addition to remaining healthy; they also keep smart, active and energetic throughout their lives up to old age.

MIRACLES OF FRUIT

DISEASES OF HEAD

Brain Weakness

Fresh and dry fruit are found to be very useful in various diseases of the brain, muscles and tissues. Particularly almond has got unique properties to remove brain debility and strengthen it. Almond is a dry fruit that preserves the vitality of the brain, potentiates the muscles and in addition to it, destroys ailments originating from nervous and bilious disorders.

Systematic use of almond beginning with one almond a day and gradually increasing the number by one every day, upto thirty in a month's time and then decreasing it in the same order the next month, proves very advantageous. The user should first remove its upper red coating (which can easily be peeled off after keeping it immersed in water for a while) then the almonds should be made into a fine paste by rubbing them on a stone slab with Sandalwood; and it should be taken mixed with butter or alone. In order to derive the maximum benefit, almonds should be rubbed as fine as possible but when the number is large and rubbing may not seem to be feasible they may be ground in a clean mortar and made into a fine paste. Elderly people should necessarily take almonds to keep themselves up and doing. Inhaling ten to fifteen drops of almond oil through the nose cures a good many diseases of the head.

Walnut is another fruit possessed of wonderful qualities of making up brain weakness. Its effect is further enhanced if it is taken with figs or raisins; but if it is intended to be taken alone then one to 22 grams (nearly an ounce) of it should be taken every day.

In short, all those fruit which contain phosphoric element invigorate brain cells and tissues, and their use is indispensable to brain workers. According to Dr. Johnson, almonds, figs, grapes, dates, apples and oranges are rich in phosphoric element and should generally be used by brain workers. Phosphorus nourishes the vital tissues of the body and particularly

apple has proved its usefulness as a good tonic food. Ripe grapes, pears, bananas, figs and especially fresh sour apples are recommended for men of bilious nature. In addition to phosphorus, sugar which is present in these fruits is also very beneficial; being of an easily assimilable nature it is readily transformed into energy which rejuvenates the body, provides immunity and refreshes the brain.

It has been proved by experience that the use of grapes is highly beneficial to brain workers. A cup of grape juice removes all weariness of brain and body resulting from strenuous working, and it keeps the mind ever fresh and full of zeal and enthusiasm for more work.

When the blood circulation is deficient in the brain or any part thereof this deficiency or lack of nutritious elements weakens the brain. It further leads to various complications, such as hardness of hearing, dimness of vision which increases, on the slightest mental or physical exertion, vertigo, momentary suspension of the sense of sight, drumming in ears, persistent cold and cough, remaining under a drowsy mood at all times, uneasiness and occasional attacks of headache, cold etc.

According to ancient and modern physicians, all such fresh and dry fruit as are rich in phosphorus contents are the best means to remove the brain weakness; specially apples and almonds command high faith as brain fertilizers. Similarly walnut kernel and pistachio nut strengthen the brain faculty.

BRAIN BUILDER BREAKFAST

This palatable sauce, which is as good a bloodproducer as a brain builder produces a lustrous rosy tint on the face and supplies essential energy to all vital organs of the body, is a combination of three fruit :—

Take almond kernels 10, cardamom (small) 2, dry dates 2 and immerse them all in water in a new earthen pot. Remove the red thin peel of the almond kernels, the shell of cardamom and the seeds of the dry dates next morning and grind them all into a butterlike fine paste with a mortar on a stone slab mixing 30 grams of sugar with it. Now take out the paste in a dish; mix 25 grams butter and eat it.

Even costly medicines do little good in comparison with this tasteful almond sauce in strengthening the brain. I can even go so far as to say that nothing can excel it in efficacy for brain workers. Yellow peevish faces turn ruddy within a few days.

through its use. In short, it is a highly vitalising substance in addition to making a palatable breakfast.

Note:—Those who are suffering from weak digestion may find it difficult to digest it and are advised to begin with half the above dose and gradually increase it to full dose. Such persons should have it early in the morning and then take their usual dinner only when it is digested, but others who have a healthy digestion, may supplement it beneficially with milk; this enhances its usefulness.

A SECOND RECIPE

Take 200 grams of fresh juice of ripe mangoes, fresh cow's milk 50 grams and a teaspoonful of ginger juice. Mix the three thoroughly in a glassware adding a little sugar if desired and then sip it. Taking it in the same way daily for two to three weeks makes the brain quite strong and complications such as persistent headache, heaviness of head, momentary suspension of the faculty of vision which are liable to appear in brain weakness are also cured; at the same time it stimulates the liver and being a good blood producer, removes all sorts of physical debility.

FRUIT MILK THAT STRENGTHENS BRAIN

I suggested this milk to a wealthy friend of mine who had been suffering from brain debility, and it showed marvellous results. So now he very frequently recommends it to his friends.

Soak 10 almond kernels in water in a new earthen pot and grind them into a creamlike fine paste next morning after removing their crusts. Put this paste into 12 to 16 ounces of boiled milk and when the milk has been boiled for a few minutes more it should be removed from fire and allowed to cool. Then drink it mixing pure honey in it in desired quantity. This tasteful milk supplies vital strength to the brain and body organs. Moreover, even those having the most delicate nature can enjoy it happily. It displays wonderful results if a dose of cardamom powder is taken with it in winter season.

A FRUIT THAT REMOVES BRAIN DEBILITY

It has already been pointed out that fruit rich in phosphorus are particularly effective in removing brain weakness; accordingly apple being one of them has proved to be excellent for the purpose. It is in short nature's gift to brain workers and

those who are desirous of improving their brain faculty are strongly advised to take 3 to 4 apples daily after removing the inner hard part.

BILIOUS HEADACHE

Lemon is a specific for bilious headache and taking juice of three to four slices of lemon squeezed in a cup of tea stops such pain in no time. Similarly relief can be effected by putting in a spoonful of lemon juice in a cup of strong coffee.

PLASTER FOR HEADACHE

Lemon crust which is thrown away as a useless substance is found to be very efficacious in relieving headache caused by heat. Lemon crusts should be pounded into a fine paste in a mortar and applied as plaster on the forehead; this relieves headache caused by heat and migraine too. Similarly the kernel of gourd pounded into a thin plaster and applied on the forehead stops headache in a few minutes.

A SPECIFIC FOR ALL SORTS OF HEADACHE

A ripe apple of fine quality—its upper rind and the inner hard portion separated out—should be taken with a little salt every morning on empty stomach. This practice which serves the purpose of medicine as well as that of breakfast, continued for five to seven days consecutively, cures even disgusting chronic cases of headache.

MIGRAINE

This is a well known disease which starts with a characteristic type of severe pain which is mostly unilateral, dominating mainly the temporal or the occipital region, the eyebrows, ears, eyes or the forehead. The severity of the pain is sometimes so intense that the patient feels as if somebody is piercing his forehead. This type of headache which is mostly unilateral but at times more generalised, is medically named as Migraine or Hemicrania.

The juice of ripe grapes is very effective in this ailment which is confirmed by the following story too.

KING JAMSHED'S RECIPE OF FRUIT JUICE FOR MIGRAINE

It is said that King Jamshed was very fond of grapes. Once

he kept the juice of grapes well packed in bottles in safe custody and in order to prevent others from taking it, he made it public that the bottles contained strong poison and that no body should touch them.

By chance the wife of the king once suffered from Hemigrania and all treatment for it proved futile. So, being unable to bear the severe intensity of the pain, she made up her mind to commit suicide and drank the so called 'strong poison' of King Jamshed for the purpose which however gave her great relief. She took it several times in small doses and the agony vanished.

When the lady related the incident to the King, he smiled and made experiments on other patients as well, which confirmed its efficacy all the more. Thenceforward Unani physicians adopted the practice of prescribing it for their patients suffering from Hemigrania and similar diseases.

A FRUIT SPECIFIC FOR CATARRH

The following preparation stops the flowing secretion of catarrh or coryza in a single day. Take a lemon, wrap it in a wet coarse cloth, then apply on it evenly a plaster of clay and put it in hot coal dust so that the lemon inside is roasted well. This lemon should then be taken out, the juice squeezed out and the hot juice administered without any loss of time. This will bring about the desired relief very soon.

Note.—Addition of pure honey to it in appropriate proportion enhances its efficacy.

A SAUCE FOR CATARRH AND CORYZA

Take one ounce of good quality raisins, remove the inner seeds after washing them with warm water and mix as many grains of black pepper as the number of seeds cast out. Now grind the whole into a fine paste and boil it in 220 grams of water; when the bulk is reduced to a thick paste again, it should be removed from fire and the patient suffering from catarrh, coryza or headache advised to lick it while it is still warm. When taking the medicine, the patient should cover himself with a blanket or some other woollen cloth so that he perspires within a short time and he would feel comfortably relieved of the trouble. While undergoing the treatment the patient should be warned against exposure to cold or taking cold water.

INSOMNIA

Insomnia means loss of sleep. There are numerous causes that bring about this defect, but all sorts of insomnia except that occurring due to mental anxiety can be cured by subsisting exclusively upon milk preceded by mangoes.

EPILEPSY

Although apples, figs and sour grapes are useful to some extent in epilepsy yet grape juice has been found to be comparatively more effective for this disease and hence European doctors as well as Unani physicians have been recommending its use to their patients since good old days. We quote below a recipe from the Unani pharmacopia in support of the view that the Unani practitioners believed it to be useful and effective in epilepsy.

Take Myrobalan Belleric (**Bahera**), Terminalia Chebula (**Kabuli Harda**); Phyllanthus embelica (Amla), Ustakhaddus 30 grams each, Udasalib 15 grams, Akarkarah 2 grams and raisins (devoid of seeds) 450 grams and make a fine powder of the whole except raisins. Now grind the raisins into a fine paste, mix the powder with it, then warm it a little and store it safely.

Dose:—7 grams to be taken with water. This cures epilepsy.

Raisin is the main ingredient in the above and hence the recipe. But this is a compound of various herbs so we quote here another recipe that contains grapes only.

GRAPES FOR EPILEPSY

50 grams of the juice of fresh grapes taken thrice a day for two to three months provides immense relief and cures epilepsy.

CURE OF INSANITY

Insanity is a royal disease and demands like treatment. In the following lines I quote a recipe that has proved successful in effecting a permanent cure to some patients of insanity who had fruitlessly spent thousands of rupees on other treatments.

Take 40 green but sweet raisins and keep them immersed in 100 grams of rose water in a covered glass or enamelled cup for the whole night and advise the patient to take the raisins

one by one the next morning followed by the rose water in which they were immersed. The rose water may be sweetened by adding a little sugar to it. This treatment given for 21 to 31 days cures the ailment. Grapes are also a fine remedy for insanity and a systematic use of raisins can cure it as well.

FRUITS THAT RELIEVE MUSCULAR DEBILITY

It is a reliable treatment to advise the use of more fruit to persons suffering from insufficiency of muscular tone; fresh fruit like grapes, apples, peats, bananas and figs that contain a substantial quantity of easily assimilable. Fructose which is readily transformed into body-building elements should profitably be employed for the purpose. But when this weakness touches climax, only figs are recommended. However, apple is also a good tonic.

WALKING WHILE ASLEEP

Many men are in the habit of walking out while asleep at night (sometimes in daytime too). One Mr. Jamuna Das who was our neighbour was a prey to this evil practice. Once he walked out in a sleepy fit and carried a blanket with him out into a park; there he kept a corner of the blanket pressed under his foot and pulled the other forcefully so that it was torn into two pieces. When he woke up by pulling hard he came back home and narrated the story to me the next morning. Thus this defect sometimes causes heavy loss too.

Sour apples are a sure remedy for this defect. Immerse a few of them in water at night, crush and squeeze out their juice the next morning and advise the patient to drink it. This will provide relief within a few days and at the same time quench the thirst effectively.

FEELING EXTRAORDINARILY COLD

Some men feel jammed up for cold always and avoid bathing for months and months together in the winter season. At least I have never come across any prescription to cure the above defect but such patients are advised to take raisins (dry grapes) in the following way:

Clean raisins by washing them in tepid water, then put them in unboiled milk; boil the milk for a while, then enjoy the raisins and finish by taking the milk afterwards.

DISEASES OF THE EYE

Before dealing with the fruits useful for eye diseases, I shall state here a few facts which are important in this connection.

The food that we daily ingest contains proteins, fats, carbohydrates, salts, vitamins and water. Proteins promote metabolism and repair body cells. Fats produce necessary heat and provide energy. Salts keep the physical functions well balanced, help the elimination of toxins and thus work as washerman. Vitamins vitalize the cells, arteries and the muscles of the body and increase immunity against disease. Water flushes out the toxins and supplies the necessary store of fluid in the body.

Being an important organ of the body, the eye requires the help of the vitalising agents that supply basic strength and nutrition to the whole body.

Fruit are necessary to keep the eye and the eyesight toned and well fed as they contain a sufficient quantity of fruit-sugar, salts and the fundamentally needed vitamins A, B, C, D and E.

Vitamin A protects the epithelium of the cornea, iris and retina. It is a growth promoting factor and also protects the mucous membrane of the respiratory tract from being infected by disease producing organisms. It also sharpens the eyesight and prevents night blindness. Vitamin B is essential for the natural growth and normal functioning of blood vessels, muscles and the nervous system of the optic structure. It ensures proper functioning of the digestive processes in the body. Vitamin C is an anti-scorbutic factor. It is a blood purifier and heals wounds quickly. It also helps in the formation of red blood cells. Vitamin D helps the absorption of calcium and hence strengthens the bones. Its deficiency causes rickets in children. Vitamin E is responsible for the proper and healthy functioning of reproductive organs of both males and females.

Mineral salts, iron and phosphoric elements that are found in the body keep the body well balanced and normally toned, and they are equally necessary for the healthy functioning of the eye. Similarly proteins work as repairing agents for the

body cells. Fruit contains all these essential elements and hence are so invaluable for the nutrition and protection of the eye.

It is generally found that those who take plenty of fruit regularly, keep physically fit and their eye sight too remains normal for the whole life but it is an obvious fact that only the richer class of the society can afford to take enough fruit. The poor, on the other hand, find it difficult even to make both ends meet. This is why those who suffer from eye lesions mostly belong to the poorer classes.

As regards price, fruit can be classified into two kinds, cheap and the dear ; but both are equally beneficial for health.

Regardless of their price, fruit that are easily available are oranges, bananas, apples, papaya and grapes.

The cheaper ones, which even the poorest can afford to buy are carrots, cucumber, melons, radishes, guava and *Phyllanthus Embelica*.

Oranges contain vitamin C with other vitamins and salts. Banana contains proteins, carbohydrates, salts and vitamins while apples contain phosphoric elements in addition. Papaya and grapes are rich in vitamin C.

Carrots are rich in vitamins C and A. In addition to vitamins, cucumber, watermelon, radish and guava are endowed with a rich store of various kinds of salts which provide nutrition to tissues of the mechanism of the eye; *Phyllanthus Embelica* contains vitamin C in good quantity; so all these fruits provide good nutrition for the eye, and every body should be particular to use them as much as possible.

Even the poorest can afford to buy cucumber, carrots, watermelon and guava. Onions are also useful for the eyes.

It is a pity that due attention is not given to the eye, notwithstanding the fact that it is one of the most important organs of the body. People visit an eye specialist only when their eyesight has been very much impaired. It is desirable that men should lead a simple life and desist from fermented liquors, tea, coffee, Indian Hemp and other kinds of narcotics, also spiced and peppered foodstuff, meat, smoking tobacco etc. as all these are definitely injurious to the general health and the eye. Bear it in mind that in order to enjoy and preserve standard eye sight for a lifetime you should make fruit an essential part of your diet and use the dearer or cheaper of the aforesaid fruit according to your means. The poor residing in villages

can use more of carrot, cucumber, melons, guava and papaya easily. The rich do and can take dearer fruit but they can be benefited by the fruit, only if they refrain from wine and other unnatural food materials, which produce great harm than the good they expect from the fruit. Fruit are useful for the eyesight and general health so much so that even cataract has been checked through their use, not to mention of other ordinary ailments. I sincerely wish and pray that everybody should make it a rule to conserve every pie that he dissipates on luxurious and anti-health materials and employ it to buy more of the tasteful fruit, the heavenly gifts of nature, to enjoy a long and healthy life.

WEAKNESS OF EYE SIGHT

Fresh and dry fruit decidedly improve the eyesight, because they strengthen the brain and sensory nerves which in turn naturally supply vital force to the sight. Almonds are the best of the dry fruit for the eye and nature has also made them in the likeness of the eye. Fruit that resemble certain organs of the body are, as a rule, beneficial to the same. Seven almond kernels should be taken at night with 10 grams of sugar candy to improve eyesight. It should be noted here that only those almonds are good which bear a brownish coat.

EPIPHORA (WATERY EYES)

Epiphora, too, is a troublesome disease. Generally people treat it with antimony preparations or similar medicines but its real treatment lies in strengthening the brain, as brain deficiency is the prime cause of the ailment. A Sanyasi claims that it can be cured by chewing some almond kernels daily.

FREEDOM FROM SPECTACLES

Take almond kernels 7, Fennelseed (Saunf) 6 grams and sugar-candy 6 grams this being one dose. Clean the Fennelseeds thoroughly and carefully and grind them with sugar candy. Mix with it the coarse powder of almonds and take it with milk at night. Do not take water after it. Taking this much in the prescribed way daily, improves the eye sight so much that one does not feel the necessity to wear spectacles. Brain debility is also relieved through its continuous use for a long time.

AFFECTIONS OF NOSE

A Specific for Epistaxis

Epistaxis is a dangerous disease which considerably worsens the condition of the patient. It is caused by multifarious causes. Some are attacked through roaming in the sun, others by excessive use of hot stimulating food or similar undertakings. Many get it on account of excessive sexual intercourse or due to extreme mental exertion in summer days.

It is called 'Rakt-Pitta' in Ayurveda. Bleeding from the upper parts of the body i.e. nose, throat and ear is called 'Urdhwang Rakt Pitta'. The particular term epistaxis is applied to the bleeding from nose.

Without going into detailed and technical discussion of the subject, I am going to narrate my own experience in regard to the cure of an advanced case of epistaxis. You will be able to know the elementary treatment of epistaxis through this description.

AN EDUCATED PATIENT OF EPISTAXIS

He was an educated patient, M. A. in both English and Sanskrit. He was very busy in making preparation for a certain examination, working the whole day and burning midnight oil upto 12 P.M. or 1 A.M. He would then sleep for a few hours and get up again at 4.30 A.M. sharp. As his young wife of 16 years, was with him, it was also necessary for him to respond to the calls of the tender sentiments of the sex, though he never overindulged in it. However, the main cause of his ailment was mental over-exertion, although the rest of the factors surely helped to aggravate it.

This pitched study continued right from the fullmoon day of Shravan (**Shravan purnima**). One day all of a sudden a vigorous attack of epistaxis began at 2 P.M. and persisted for more than 15 minutes and inspite of pouring a good deal of water over his head it did not stop. After a short while he had a strong watery motion which left him feeling very weak and compelled him to lie down. This posture made the onlookers

feel that the bleeding was suspended but on sitting it was found to be going on as before.

He lay down again after 5 or 6 minutes which abated the symptoms once more, yet again it recurred with unabated intensity in spite of pouring water on his head continuously.

In the meantime an able physician, who practised in a charitable dispensary was called in. He advised Sitopladi Churna with Banafsha syrup which was given three to four times after every 15 minutes with no appreciable results. Presently the old gardener of the garden nearby opined that the juice of pomegranate leaves if dropped into the nostrils would immediately put a stop to the profuse bleeding. The family members who were, by that time, very much perturbed at so much of bleeding from the nose, very quickly arranged to get the leaves and extracted their juice but the juice did little good; the bleeding stopped for a minute and set in once more with the same velocity.

Now another Vaidya was consulted who got a grain of camphor (this is a recognised remedy) rubbed in a glass mortar with a few ounces of water, and dropped the liquid into the nostrils of the patient which checked the flow for 15 to 20 minutes but it reappeared after a short interval. The clock struck 5 in the afternoon but still the flowing blood remained a constant source of anxiety to the patient and his near and dear ones.

VICTORY OF FRUIT

Amidst this scene of hopelessness, presently there came in an experienced old gentleman who after noting the details of the trouble, consoled them and advised the use of Water-chestnut alone internally for the patient which, he said, would help him from within. As for the external use he suggested the following.

“Take fresh fruit of *Phyllanthus Embelica*, get their juice pressed out and place it aside to settle down. Now pour its upper clear fluid in to another glass basin very cautiously so that the whole residue is left behind. Draw three to four drops of this transparent juice in a dropper and instil it in both nostrils of the patient carefully. The patient should in the meantime draw in the fluid by deep respiration”. “Obviously” he said “the patient would not like the practice but this very act will relieve him of the trouble once for all”. He further

instructed to repeat this routine 3 to 4 times after every 15 minutes.

He displayed one more feat there. He asked for a strong string, muttered some words for 5 to 7 minutes, then tied it a bit tightly on the patient's upper arm on the side of the bleeding nostril. Now as a demonstration of the power of the charm he made the patient sit up; the bleeding remained suspended. The family members were really overjoyed but in order to see its permanency, they entreated the good old man to postpone his departure and oblige them by taking his supper with them.

The filtered juice of *Phyllanthus Embelica* was instilled with an eye-dropper into his nose and the operation repeated after every 15 minutes according to his instructions. In the meantime supper was served to the gentleman. The clock struck 7.30 P.M. The old man stood up and said, "It is now time to remove the ligature as the cure has been effected through the charm and it is now no longer needed". The ligature was accordingly united and the bleeding remained stopped.

I chanced to get a similar patient for treatment after a few days. He was bleeding from the nose for half an hour. I allowed a little more drainage of the impure blood before treating it with the filtered juice of *Phyllanthus Embelica* in the aforesaid way and putting seven rounds of ligature on the upper arm of the patient on the side of the bleeding nostril. This mode of treatment which combines the action of a fruit and a charm has claimed success in a score of cases. Thus the juice of *Phyllanthus Embelica* inflicted a clear defeat upon the therapeutic methods employed for the cure of epistaxis.

LEMON ON EPISTAXIS

Lemon is also a specific for epistaxis. There is no better medical invention for epistaxis with the doctors than the lemon. Only one application of lemon juice instilled into the nostrils with the help of a glass syringe stops bleeding and a second application is rarely needed. This not only stops bleeding of epistaxis but all sorts of haemorrhages and *Tr. ergot* and *Tr. steel* prove to be inferior to it.

Note: 1. In such cases some Vaidyas and Hakims used diluted tartaric acid to irrigate the nose but that proved to be of no avail. When at last fresh juice of lemons was employed, it showed immediate results. I, therefore,

fast or taking enough oranges can also rectify the aforesaid disorder; gargling with lemon juice as well as rubbing gums with a slice of lemon slowly may also be suggested as an external application for the same.

STOMATITIS

A person suffering from stomatitis finds it very difficult to take his meal. At times he has to go without food altogether, while on other occasions he has to subsist on a few spoonfuls of gruel which he gulps down with difficulty. Here I quote an easy but effective way of getting rid of this trouble-

The patient should gargle several times with a lotion comprising 20 grams of lemon juice and 100 grams of water. This cures stomatitis very easily.

REMEMBER ALWAYS

As 80% causes of stomatitis lie in the defective functioning of the stomach, dyspepsia and indigestion, its real treatment consists in the improvement of the digestive system in general. Temporary measures can only suppress it somehow to let it appear again under certain conditions. Taking 20 grams of lemon juice daily before meals corrects the stomach, and ultimately stomatitis will also be cured by this.

PYORRHOEA

The food particles that are lodged in the chinks of gums get putrefied through want of brushing the teeth properly and neglecting the sanitation of the oral cavity, ultimately resulting in gum boils which make mastication difficult. The pus from the gums passing with the food into the stomach casts an evil effect upon the general health. The condition further worsens into spongy, ulcerated gums and shaky teeth. The use of non-vegetarian and starchy diet, dyspepsia and blood impurities also predispose the system to the onset of pyorrhoea.

External and internal use of oranges and lemons is very useful for this ailment. Taking a few oranges or sucking 2 to 3 lemons daily or drinking their juice relieves abnormal acidity of the blood, stimulates appetite and makes up the deficiency of the necessary vitamin C, while its external use as a gargle or rubbing of lemon slices on the gums invariably cures pyorrhoea.

THE NATURAL TREATMENT OF PYORRHOEA

In case the patient is not lean and weak, he should not take food for three to four days and nothing but pure water and fruit juice should be taken during this period; but if the patient is already weak he should not be advised to fast absolutely and a fruit diet should be recommended.

Henceforward a systematic use of fresh fruits, green vegetables, milk and raisins should be suggested for two weeks; then unbuttered bread made of coarse wheat flour, gruel, boiled and unspiced green vegetables, milk and fruits should be advised. Sugar, irritant spices, hot stimulant drinks and foods, ice, tea, preserved pickles confectionery and allied medical preparations should be desisted from.

If the disease is chronic, this dietary consisting of fruits, vegetables etc. should be continued for a long time so that the blood is cleared of all impurities. In the beginning of the treatment the patient should be given an enema with pure tepid water for two to three weeks daily after defecation so that the decomposing faecal matter, which is the prime cause of pyorrhoea and all other ailments, is washed out of the colon.

In addition to it, the patient should necessarily take hip-bath, sun-bath and air-bath too for a little while as a daily routine. Keeping a fine moist mud plaster on the pubis every night is very useful. Walking two to four miles in fresh air and taking exercise in the shape of Pranayam (breathing exercise) and Asanas etc. for half an hour daily will improve blood purification and its circulation which will prove to be an additional beneficial factor in accelerating the efficacy of this treatment.

Bear it in mind that you wear minimum and only necessary clothes and do not fear the cold wind as it serves as a health promoting agent. It will serve to cure pyorrhoea through its quality of inducing cold which may wash out impurities from the peripheral blood.

Local asepsis should also be maintained through cleaning the gums and teeth roots morning and evening with a Neem or Babul branch chewed to form a fine brush or using a dental brush dipped in lemon juice and then gargaling with tepid water to which a little lemon juice is added. Beware that no medicinal antiseptic or strong tooth powder is used as it is a sheer delusion to hope to cure pyorrhoea through any drastic

treatment. Proper care of teeth is to be taken in the above-mentioned ways i.e. a rational use of fruits and vegetables, fasting, taking enema and dental cleanliness. This will finally drive out pyorrhoea and other diseases of the mouth too.

THROAT-ACHE

Lemon shows quick results in throat-ache also. For this purpose, slightly warmed lemon juice mixed with a little pure honey should be licked thrice daily. It works in nearly all the diseases of the throat. But in case pure honey is not available one cannot be benefited by this method. In such a condition gargling in the following way will work well.

Mix one part of lemon juice with two parts of hot water and gargle. Inflammation of the throat is also alleviated by taking ripe Bacl fruit.

FRUIT THAT REMOVES OVERGROWTH IN THE THROAT

Freshly extracted juice of pine-apple wipes out any overgrowth and cures numerous diseases of the throat; so also a rational use of the mulberry works like a charm in cases of inflammation of the throat and it is a sure prophylactic for uvulitis.

DISEASES OF CHEST

PAIN IN CHEST

The use of pomegranates by the following method shows positive results in cases of pain in the chest.

A hole should be bored on the top of a pomegranate fruit and it should be filled to capacity with pure almond oil. The fruit should then be placed on fire to be cooked till the oil in it is completely absorbed; sucking of the seeds of this pomegranate has the property of relieving pain in chest and acute or chronic cough.

LUNGS

Disorders of lungs lead to dangerous diseases like pthisis which reduce the body to a skeleton. Fruits are invaluable as food and medicine in all such cases. Olive oil is the best food to maintain health and energy as its fat is very easily digested by the system. So much so that it is better than cod-liver oil in this respect. We should not therefore, blindly follow the doctors who mostly advise the use of cod-liver oil.

I firmly advise the use of olive oil to those who lose weight and are run down on account of consumption and this can better be supplemented with the choicest fruits. Those whomay find it difficult to take olive oil alone can take it mixed with orange juice or the juice of some other fruit; this will show desirable results soon.

BRONCHITIS

Although sourness is injurious to patients suffering from cough, the acidity of the orange fruit is useful in such cases. An Urdu writer has written that he once met a man who told him that he used oranges or orange juice whenever he suffered from cold or cough.

Note—Teeth are saved from the bad effects of acidity provided that orange pieces are taken with salt. Sour orange

juice may also be taken sweetened with sugar candy but its efficacy is increased if pure honey is mixed in it in place of sugar candy.

DRY COUGH

Sweet apples are very beneficial in dry hacking cough. Nearly half a pound of sweet apples taken daily for a week relieves it.

COLD AND COUGH

Americans take cold water in summer and tepid water and orange juice in winter; this, they say, saves them from cold and cough.

The juice of grapes tones up the lungs and acts as an expectorant. Simple cold and cough are relieved through its use in a couple of days. A combination of pure honey with grape juice is a specific for cough.

Note—It is to be remembered that grape juice should never be followed by water for three to four hours; otherwise it will cause cough to increase. Taking warmed raisins too cures cough.

A PALATABLE SAUCE FOR COUGH

Take 100 grams of good quality raisins, grind them with water; then mix 100 grams of sugar with it. Now heat the mixture on fire and preserve it when the bulk has turned saucy. This should be taken in 20 grams dose at bed time daily.

LEMON IN COUGH

There are two stages of cough : in the first stage the sputum is quite thin, while in the second stage it turns viscous. The use of lemon is never advisable in the latter stage, but when the cough is chronic, coupled with fever and the sputum is coughed out with difficulty, it is a case for lemon to be employed. This tends to make the mucous less tenacious and expectoration easy.

For this purpose a lemon wrapped in a wet cloth, should be rolled in prepared clay to form a ball-like mass which should then be kept in hot coal dust; its juice should then be squeezed out when it is still hot and three grams of it mixed with honey should be licked by the patient thrice daily to effect easy expectoration.

DRY COUGH

When the patient suffers from frequent attacks of dry cough but no mucous is coughed out, the case is amenable to the use of almonds. The brown coating of several almond kernels should be removed by keeping them immersed in water for a while and they should then be ground well to form a fine paste. Then 20 grams of butter and 20 grams of sugar candy should be mixed with it and given in the morning and evening. This is sure to cure dry hacking cough.

One day a child suffering from dry cough was brought to me. He was breathless on account of incessant cough, tears rolled down his eyes while his face was flushed and it seemed that the child might die in case the condition persisted for some time more. I, reposing confidence in the Almighty, advised the use of this very preparation and lo ! the fury of the trouble abated as soon as the medicine was given and the child was totally cured in a few days.

ASTHMA

According to Dr. Oldfield, grapes and their juice are highly beneficial in asthma cases and the patient enjoys an early recovery if he is kept in a garden of grapes. Phlegmatic cases of cough and asthma are cured by the use of figs also; this comforts the patient by draining off the phlegm.

Drinking the juice of a lemon before every meal and at bed time shows good results in asthma cases.

WHOOPIING COUGH

It is a troublesome disease which cannot be dealt with here in detail. Taking a guava roasted in hot sand cures this nasty ailment in a few days.†

HAEMATEMESIS

The use of grapes relieves hæmatemesis. This way of treatment is quite common in France.

If the origin of this trouble lies somewhere in the chest, the patient should be given cleaned, seedless raisins one by one. Thus taking 150 to 200 grams of raisins stops spitting of blood.

DISEASES OF HEART

Diseases of the heart are commonly prevalent among the rich and the educated classes to-day. They are equally common in both the sexes but I don't want to discuss their causative factors here at length and shall only describe the utility of fruits in their treatment.

Fruits and vegetables act as nectar in heart diseases so much so that some fresh and dry fruits prove to be more effective than costly Bhasmas, Yaquities and Khamiras. Seasonal fruits like cocoanut, pears, dates, water-chestnut and apples are quite effective heart tonics.

Ancient and modern physicians agree on the heart stimulating properties of apple and hence the Unani and allopathic physicians both advise daily use of apple jam to patients suffering from weakness of the heart. Fresh grapes, pineapples, oranges, custard-apples and Falsas tone up the heart. A quarter pound of Falsas and an equal quantity of pomegranate are enough as medicine but only fresh and sweet ones should be taken for the purpose. Almond and cocoanut water are good cardiac stimulants. To sum up, fresh and dry fruits are good heart tonics and especially their juice, which is very useful should be given.

Phyllanthus Embelica fruit is very useful for this purpose. We can use it in the shape of confectionery, jam and Chyavan Prash Avaleh. This tones up the function of all the bodily organs and builds up health by destroying the heterogenous elements and renewing lost energy. It is an all-round drug for children and ladies but may cause purging if given in high doses and consequently an appropriate dose should be prescribed always.

PALPITATION OF HEART

Grape is effective in cardiac pain and palpitation of the heart and the disease is quickly controlled if the patient subsists on grapes only; but if this is not possible then grape-juice should

at least be given when one is actually suffering from an attack of the ailment. This averts dangerous consequences by lessening the pain and palpitation.

THE TRANQUILLIZER

Orange has proved an invaluable fruit for heart and chest diseases. The Mughal prince Rangila liked orange very much and used it in the following way which he termed 'The tranquillizer'.

He used to send for the best quality orange, peeled it, got its pulp extracted after removing its upper thin coating and tissues, then immersed it in syrup so that it absorbed sweetness and ate it after two or three hours. This mode of taking oranges serves as a good tonic. If it is kept in an earthen pot in ice for sometime it becomes exquisitely fragrant and makes an excellent gift for health.

DISEASES OF STOMACH

Our health depends not on the quantity of food that we take but on the quantity that we can digest. We remain permanently ill if we eat a lot but can't digest it. This function of digestion depends on the healthy working of the stomach. Those who neglect its health and exercise it unreasonably or excessively fall a prey to various diseases. Men generally suffer from ailments like poor appetite, distention of the stomach, dyspepsia, colic, bad smell of the breath, giddiness, vomiting tendency, constipation, diarrhoea, dysentery etc. on account of a weak or disordered stomach.

Fresh and dry fruits are closely related to digestive functions of the body. There are a few which in addition to being easily digestible also induce good health and vigour while others accelerate and fortify the power of digestion by virtue of their being rich in sugar, salts, acid elements etc.

Sweetness:—Fruits sugar is more tasty and easily digestible than the ordinary sugar we get in the market. When used in a large quantity, the ordinary sugar sometimes proves to be highly injurious due to the production of a wide range of acids; fructose is more suitable to provide necessary heat and strength to the system.

Acidity:—(Salts and Acids in fruits)—

We get a good amount of salts and acid elements in fruits in addition to sugar. All fruit salts and liver salts that can be had from the market and which are sold under the guise of being chemical compounds of fruit salts are nothing but compounds of mineral salts and are not in any way related to fruits. Fruit salts promote and tone up digestion and the kidneys and those who suffer from weakness on account of impurities of blood can be benefited a great deal through these salts. In short, we can conclude by adding that the sweetness, acidity and salts present in the fruits are the best agents to ensure normal functioning of the stomach. These enable the stomach

so digest the food by inducing a copious flow of digestive secretions. Moreover, these elements tend to form a sort of soda water or lemonade for the stomach.

Acidic condition responds favourably to taking fruits or boiled vegetables with bread or other grain meal. It should always be borne in mind that putrefied or other-wise denatured fruits creat disorder and harm instead of doing good to the system. Such fruits may cause diseases like indigestion, colic pain, colitis diarrhoea, dysentery etc. Some persons don't mind taking sweet and acid fruits at the same time or take them with milk products; but this wrong practice subjects many of them to various troublesome consequences. So it won't be out of place to mention which fruits may or may not be combined beneficially with a certain food product.

As a principle, taking one variety of fruit at a time is usually harmless and never proves injurious if taken in a small quantity with rational consideration of proper place (surroundings), timings, physical strength, power of digestion and the nature of the patient. But usually out of ignorance some take different fruits together and frequently such items as are incompatible and harmful are mixed together.

Before going to find out the right way of mixing certain fruits, it would be necessary to know the physical and chemical changes that an element undergoes for its assimilation.

Food items that contain a great proportion of proteins require acid (bile) for their assimilation and they are digested in the stomach.

Carbohydrates are amenable to assimilation in an alkaline medium and so alkalies are necessary for the purpose. The saliva that originates in the mouth is alkaline in reaction and hence its admixture with carbohydrate elements digests them. This process of digestion may continue with the same alkaline reaction in the stomach also, provided that no proteins are already present there. But if protein elements are awaiting digestion there, carbohydrates remain dormant while the process of protein digestion progresses there.

Fats and oils are digested in the intestines and do not undergo the least change in the stomach and hence do not hamper the assimilation of carbohydrates or proteins there.

Sugar :—Fructose of the fruits that we eat is readily assimilated. It is sent to the liver very soon where it is turned into glycogen and is stored there to be consumed by the body

later whenever necessary.

Fruit sugar is a sort of glucose and the liver is not put to the least strain to make it assimilable whereas ordinary cane-sugar has to be transformed into glucose first before it can become fit for utilization by the system and thus the liver is naturally subjected to great exertion and pressure. The liver of the children whose parents give them too much sweetmeats or cane-sugar in milk becomes defective and cirrhotised on account of great pressure of work, thus precipitating danger to life.

It is evident from the above statement that the media for protein and carbohydrate digestion are quite different and hence their admixture is naturally undesirable. How can one expect good results by taking both at a time. These laws of nature should be kept in view while combining any two foods together.

The other point which should be observed is that we are not to mix acid and starchy substances together as acidity retards the assimilation of carbohydrates.

The above noted points are quite simple yet people very frequently commit grave mistakes with regard to their dietetics. The approach of Ayurveda on this point is astonishingly scientific and accurate. The problem of mixing suitable food commodities has been discussed quite elaborately there. For example it is said that jack fruit is digested easily with banana, banana with ghee, ghee with Jambiree lemon while lemon is very well assimilated with salt and that complications arising out of the use of salt are alleviated through the use of rice-washings.

I have already described that the combination of proteins and carbohydrates is not desirable. But we Vaidyas advise the use of banana and milk or banana and buttermilk to some peculiar patients. This cannot invalidate the basic principle and we cannot call this combination harmless. Similarly, lemon and milk are incompatible according to the Ayurvedic Principle.

Ayurvedic texts opine that our diet should contain all the six basic elements (**Ras**), which are all found together in fruits and hence a section of people prefer the use of fruits with meals, but here also only the rationally chosen ones prove to be useful. Some fruits that have liquid juice are not to be taken immediately before meals as they render the digestive

flora undesirably thin and weak but one can very well take sweet juicy fruits like pomegranates in the beginning of meals as sweet juice is easily digested by the presence of an increased quantity of bile or the digestive secretions that flow out in the system when one feels hungry. Banana, though not a juicy fruit, should not precede a flat meal as it comes under those fruits which are difficult to digest. So a heavy diet preceded by banana may prove to be still heavier. Cucumber too should not be taken before meals as it has got a great proportion of water which makes the digestive secretion thin and weak.

Although a combination of fruits with milk is considered to be good because milk is digested well if preceded by fruits and no hindrance is created in the digestion of fruits, yet there are a few fruits that are antagonistic to milk, viz. Eugenia Jambolana. In short, milk being sweet is antagonistic to all sour fruits. But pomegranate amongst the sour fruits and phyllanthus Embelica from amongst the fruits having metallic taste are the only two exceptions that can be taken with milk. Sweet oranges and milk can also be taken at a time; similarly, milk if taken after mangoes is digested easily and removes the bad effects of mangoes on the system. The stomach will never go out of order, if the above rules are observed rigidly.

DYSPEPSIA OR INDIGESTION

This term means the disrupted state of the physical functions of digestion. This condition if neglected produces various bilious or nervous defects. This disease from which 75% of the population suffers to-day is more commonly found to catch hold of the wealthy class or brain working section of the society. It is because when a man avoids physical exertion and leads a life of ease and comfort his digestive system gets sluggish leaving his stomach weak and liver congested, winds don't pass freely, bowels do not move regularly and completely and the undigested food material remains unevacuated for a very long time. Such a person has poor health and a weary head. He suffers from headache and pain in various parts of the body whereupon the sense of ease vanishes and drowsiness always keeps him overpowered.

All these disorders are removed through the use of fruits. So, such patients should be given enough of fruits and fruit juice for two to three weeks. This flushes out the undigested food residue and accumulated faeces and re-establishes health to

perfect order.

Fruits are naturally rich in water and hence they clean the body mechanism thoroughly. The water that we get from fruits is a sterilized liquid which washes out the acid deposits outright and at the same time saves the arteries from harmful elements. In addition to it, the skin, intestines and kidneys are also detoxicated through its effect. This action of cleansing (relieves the body of harmful substances), which is brought out by the presence of fruit juice, helps the organs of digestion to work properly. The sweetness and salts of fruits, because of their ready assimilation, supply vital strength and energy to the body. In short, fruits remove all these defects of digestion and produce vigour and smartness.

Lemon is particularly effective in cases of indigestion. Its juice, on reaching the stomach of one suffering from impaired digestion, attacks the bacteria there inhibiting the formation of acids which are produced by the action of the bacilli and fermentation. Lemon juice removes indigestion by dislodging this acid and other useless and harmful elements from the stomach thus strengthening it and promoting healthy appetite: but, cases of acid eructation and nausea symptomatic of excessive acid in stomach are contraindications for its use.

Lemon is best to correct indigestion resulting from weakness of the stomach and excessive intake of heavy fatty diet; its juice should be given three to four times a day for the purpose. Taking of a lemon roasted in light heat or in hot coal dust, half an hour before meals, removes indigestion. Some men put the juice of four lemons roasted in the above mentioned way in a phial, mix a spoonful of salt in it and take a spoonful of it just before every meal. This practice also keeps away dyspepsia and indigestion.

Chronic cases of weakness of the stomach respond favourably to the use of the above said mixture half an hour before meals and a spoonful of lemon juice an hour after it.

GRAPES FOR DYSPEPSIA

It has already been stated that a weak digestive system induces indigestion which has the following characteristics:—Loss of appetite, flatulence, nausea (vomiting tendency), heart burn, excessive thirst, stomach pain after eating, foul breath, headache etc. These symptoms demand rest for the stomach and intestines by going without food, but grapes can be given. Grape is a light food which removes indigestion and irritation

of the stomach in no time and restores a sense of relief to the heat.

A weak digestion is generally followed by constipation which can very easily be done away with by orange juice. If orange juice and milk be taken together, it serves the purpose of a tonic, besides curing the ailment.

If weakness of the stomach is the cause of a faulty digestion, cure can be effected by putting the patient on a light fruit diet. Defects originating in the digestive secretions are also set right by the use of fruits. One suffering from general debility coupled with an impaired digestion should be advised the use of boiled rice and fried apples. Another similar recipe is an admixture of one part of cream with two parts of a paste made by crushing ripe bananas. This will prove to be quite effective.

STOMACHIC SOUR APPLES

Sour apples tone up the stomach and are exceptionally advantageous to persons having a bilious nature. Apples help digestion by stimulating the flow of pepsin in the stomach. They improve appetite, if taken in the morning before breakfast and serve as a laxative if three to four of them are taken early in the morning and at bed time. They stimulate and tone up the liver and increase brood production which ultimately results in good health and an energetic physique. Sour apples are particularly useful to tone up the liver and stomach.

EXCESSIVE HEAT IN STOMACH

Sourish and sour pomegranates are very effective in reducing gastric heat and more so in men having a bilious nature. Taking of pomegranate juice in 40 grams dose two to three times a day relieves the extra heat of the stomach.

TREATMENT OF GASTRALGIA

1. Flatus plays a prominent part in producing gastralgia (pain in the stomach) and hence steps should be taken for its elimination and suppression. **Parwal** (परवल) and **Sohanjana** (सोहजना) are good vegetables for gastric pain.

2. Syrup made of dry grapes and ripe mangoes is effective in gastric affections occurring on account of excessive heat.

3. Elephant-apple and brinjals should be given with caution.

4. If pain is severe, the patient should subsist on fruits only

and no other food should be allowed. A Radish taken with **Jawakhar** wards off the pain and this is a tried recipe.

5. Sweet potatoes, **Gular** (गूलर) *Phyllanthus Embelica*, *Mungri*, **Kaseru** (कसेरू), dry grapes, ripe papaya, ripe Bael, cocoanut kernel and cocoanut water can render good service in gastric pain. The dosage and the way of taking these have been described elsewhere in this book.

FRUITS FOR FLATULENCE

1—Give castor oil for a free purge.

2—Follow the instructions given in para No 4 in connection with the treatment of gastralgia.

3—Give the kernel of ripe **Phali Amaltas** (गूदा अमलतास)

4—*Bijora* lemon (बिजौरा नींबू), black salt and roasted *asofoetida* mixed together go to relieve pain and flatulence.

5—The recipes enumerated below, method of preparation of which are given elsewhere in this book are also useful for the purpose.

(1) *Terminalia Chebula* jam (2) Jam of *Phyllanthus Embelica* (3) Syrup of pomegranate (4) Syrup of *Falsa* (5) Spiced grapes.

All these preparations remove flatulence, dyspepsia and cleanse the bowels.

DIET IN DYSPEPSIA AND INDIGESTION

All other food except fruits that may be suggested for patients suffering from indigestion should be very light, tasteful and easily digestible. Those who walk 2 to 3 miles in fresh air every morning are saved from this disease

Such patients should take bread or pudding made of water nut (kernel) powder. Vegetables like *Parwal*, *brinjal* and unripe banana remove dyspepsia and improve weak appetite. If flour is to be taken at all it should be taken whole (with bran). Similarly pulses should be cooked with their upper coating on Sauce made of mint is helpful and ripe sweet gourd or its confection stimulates and tones up digestion.

Fruits like lemon, pomegranate, orange, *mosambi* and grapes are highly effective in dyspeptic patients, but their use should be supplemented with physical exercise. Available seasonal fruits like *Malta*, apples and *Falsa* should also be included in the dietary and the patient should be advised to take water only two hours after meals and not earlier. Lemon is

also invaluable in relieving extra heat of the stomach and is more suitable for persons having a bilious nature. 20 grams of lemon juice should be taken mixed with water 2 to 3 times daily for the purpose.

DISTASTE FOR FOOD

A suitable method to cure distaste for food is to administer juice of sour grapes (extracted by crushing them) mixed with a little sugar candy and the use of this mixture should be continued till complete relief is achieved.

ANOREXIA

Administration of sour grapes in the following way tones up the stomach and creates good appetite.

Bread, made of flour kneaded with the juice of sour grapes, induces healthy appetite if taken continuously for two to three weeks

EXCESSIVE THIRST

Sour grapes show wonderful affect in cases of abnormal thirst, with is caused by indigestion. Juice of sour apples may also be given whenever necessary; this relieves the trouble in no time.

COLIC

A good many types of stomach pains are relieved by taking the juice of sour or sweet pomegranate seeds (fresh) mixed with powdered salt and black pepper.

NAUSEA AND VOMITING

Lemon has proved to be invaluable in curing the above-said diseases A lemon should be cut into two pieces and sugar sprinkled over them. Sucking the juice of these pieces relieves nausea and vomiting and restores normal condition of health.

THE GRAPES

There is no fruit better than grapes to improve digestion and people generally use a number of preparations having grapes as their base such as Drakshasava, Draksharishta, Angufasava etc. for the purpose. These preparations act as elixir in debilitated persons.

If grapes are eaten at the rate of one per minute and the practice is continued for 3 to 4 hours and nothing but unbuttered bread is taken during this period it proves to be a good tonic for debilitated persons. If a man has spoiled his digestion through hard work, the above recipe will show very good results.

WHEN NOTHING CAN BE DIGESTED

When one cannot digest anything, even then, he can be allowed to take orange juice. This is transformed into body elements without exerting the least pressure on the stomach. It provides all benefits that we get from milk as its nutritional properties resemble those of milk.

DISEASES OF THE INTESTINES

DYSENTERY

A banana should be taken with sugar to secure ready response in dysentery cases. Similarly pomegranate is also beneficial for this purpose and should be given 2 to 3 times a day to give relief.

RECTIFYING THE BAD EFFECTS OF CROTON TRIGLITM SEEDS

Pomegranate rectifies bad effects produced by the wrong use of croton seeds. If the patient becomes too weak on account of profuse purging which does not seem to stop at all, he should be given a handful of pomegranate juice to drink again and again. In this way diarrhoea will definitely be controlled. Moreover, all kinds of diarrhoea are amenable to the use of pomegranate seeds or juice. If blood passes with stools in diarrhoea, this too will be stopped by the use of fresh pomegranate juice.

BLOOD DIARRHOEA

Administering the juice of fresh *Eugenia Jambolana* mixed with sugar and rose water relieves such diarrhoea.

Note—Almond and banana are also helpful for the cure of blood diarrhoea cases.

BAEL IN DYSENTERY CASES

Bael is a well-known fruit. Although pharmacologists have described a number of its effects on the human system, yet here I shall deal with only one of its peculiar virtues. Pharmacologists have stated that its pulp (dry) contains analgesic, constipative and suppressive properties on phlegm, bile and mucous passing with stools. Another point which can be mentioned as its peculiar merit is that while all other fruits are beneficial when fully ripe, it is efficacious only when it is unripe

and the ripe one is a source of many ill effects.

Bael has got most favourable effects on the stomach and intestines activating and toning them up through its mild action with the result that loose diarrhoea, dysentery and passing of blood with stools are stopped and the organism of digestion is stimulated desirably. When the intestines grow weak on account of chronic diarrhoea or dysentery then this fruit supplies them the necessary tone to relieve the defect. In short Bael tones up the intestines and is a specific for dysentery.

CHRONIC DIARRHOEA AND DYSENTERY

Take 50 grams of fresh sweet mango-juice and give it to the patient, mixing 20 grams of curd and a spoonful of ginger juice. This should be repeated twice or thrice a day. The quantity of the mango-juice can be increased to 100 grams in place of 50 grams if necessary. This treatment if continued regularly for some time definitely relieves chronic diarrhoea and dysentery.

LEMON IN DYSENTERY

The use of lemon is highly effective when faeces are evacuated with difficulty and are accompanied by pus or mucus. This is evident from the fact that Unani physicians advise the use of as much as 300 grams of its juice in such cases. If so much of its juice be taken daily, even hopeless cases of dysentery can be cured without the least fear of any harm.

DIARRHOEA

When the bulk of stools is liquid and passes in a considerable quantity, we call it diarrhoea; and lemon is an effective fruit to stop such unnecessary purge. The juice of a lemon is given mixed with 6 ozs. of water to the patient and the process is repeated several times a day. This can successfully check even the severest type of diarrhoea by God's grace.

THE FRUIT THAT STOPPED DIARRHOEA

I here mention a fruit that counteracted a vigorous attack of diarrhoea which was otherwise amenable to the use of medicines only. The fruit is generally tasteful and every body can be benefited by using it in the early stage of the ailment.

INTRODUCTION OF A WEALTHY MAN SUFFERING FROM ACUTE DIARRHOEA

• A wealthy person once suffered from diarrhoea on account of irrational eating, and motions continued even after the clearance of the accumulated matter. His relatives sent for a physician who prescribed some pills that contained opium. The patient smelt the pills and kept them aside as he disliked its undesirable taste and smell.

The relatives were under the impression that the patient had used the medicine while the patient had not taken it on account of its bad taste and nauseous smell. So they thought of consulting a doctor thinking, that the medicine of the Vaidya had failed to have the desired effect. Hence, according to the custom of the wealthy a doctor was called in who prescribed a mixture and advised to get that prepared from a certain dispensary. Under the doctor's instructions the mixture was fetched and put by the side of the patient who smelt, looked at it and then cast it into a dust-bin on account of its unfavourable taste and irritating smell. He passed three or four motions during the night.

One of his friends who came to see him the next morning enquired from him about the real facts which he sincerely described. The friend sympathised with him and assured him of fulfilling his desire of being treated with tasteful fruits.

With this view he went to a naturopath who was well-known for treating all ailments with fruits, milk and curd only and related to him the history of the above case.

The physician consoled him saying that his friend would not find any reason to be disappointed as the situation had, by that time, taken a favourable turn because most of the foreign matter which had been the actual cause of the trouble was out of the system through 10 or 12 motions that had ensued; and though it was against his rule to check any disease all at once, yet the ailment being a new one he could control it with a fruit that was in no way inferior in action to any drug indicated in diarrhoea.

• This naturopath who had already noted the history of the case met the patient very affectionately and advised him to use a fruit according to his directions which he assured would stop the purging.

The able physician asked his friend to fetch fresh dates from

the bazar and the patient who was feeling awfully hungry and liked dates, too, was not unhappy at the suggestion.

So dates of fine quality were brought and he ate a few of them and liked to take water which the physician disallowed saying that he could take at the most 4 ozs. of water after a little while and repeat it very often afterwards but never in a large quantity at a time.

The naturopath added that he could take banana and 8 to 10 dates or more according to his own sweet will after 2 or 2½ hours, but banana loses its taste if taken with dates, so it should be taken off and on in between the taking of dates. Water should be taken with restraint and in small quantities several times. Moreover, it won't be wise to drink water immediately after taking fruits and this rule should be followed rigidly in all diarrhoea cases.

The patient took dates four times and bananas thrice that day which relieved diarrhoea and he did not feel the least distaste for them. His relatives were very glad to know about the curious treatment with fruits only.

You can also earn fame through treating such cases by the aforesaid fruit, paying due consideration to the following points;—

1. Do not stop motions all of a sudden: let the bowels be cleared first, then begin treatment with fruits.

2. Do not advise the use of banana on empty stomach as it some times, produces gastralgia which may necessitate consulting a physician.

3. Begin with 8 or 10 dates only as they stop diarrhoea, and one does not feel a liking for bread after eating fruit. Although dates are a heavy fruit and are not digested easily yet they contain a good store of essential vitalising factors in addition to natural glucose and act favourably in diarrhoea cases.

4. Water should never be drunk immediately after taking dates. As a rule one should only gargle to clean the mouth after eating them but a draught or two may be taken in very emergent cases. Again it is injurious to take much water at a time in diarrhoea and more so after returning from stools as this practice induces more motions.

5. Eight to ten dates or two ripe and tasteful bananas may be given after every 2 hours. Banana also cures diarrhoea but it should not be followed by water or cardamoms. Cardamom is useful only for those who wish to get a laxative effect

from it.

6. The patient should carefully avoid such factors as may repeat the onset of the diarrhoea.

You can very successfully treat diarrhoea cases (mainly acute ones) in the above-mentioned way without the use of medicines whatsoever.

SEVEN YEAR'S CHRONIC DYSENTERY CURED WITH BAEI

My elder brother had been a chronic patient of dysentery for about seven years. He passed bloodless stools for 2 years. Afterwards stools contained blood and this condition persisted for the rest of the period.

He began Ayurvedic treatment first and remained under the treatment of eminent Vaidyas of the U. P. and the Punjab. A Vaidya kept him on curds only for seven months continuously while another advised him to use nothing but goat's milk. He was very staunch in following the instructions of physicians about dietetics.

Late Shri Narendra Nath Mitra, the famous Bengali physician of Saidmittha Bazar, Lahore and Shri Ram Narain Dwij Vaid of Dai Bholi Gali, Bazar Joremori, Lahore too treated him for a long time but with no results.

When the passing of blood did not cease even after 3 years of persistent medication he began allopathic treatment which continued for about 2½ years but that too proved fruitless.

I am talking of good old days when Pakistan had not come into existence. Dr. Beli Ram was considered to be an apostle of welfare in those days and was very famous for his ability as a physician, so much so, that people still, a long time after his death, believe that there has been no man till now to challenge his superb genius. Once my brother also remained under his treatment for three years and subsequently under that of other well known physicians of whom the names of Dr. Balkrishna and Dr. Maharaj Krishna are noteworthy but his condition remained unaltered.

When the allopathic treatment also proved of no avail, he resorted to homoeopathy. He consulted and took medicine from Dr. Hitaishi, the famous Bengali homoeopath of Anarkali, Lahore but that too failed to effect a cure.

At last it was considered that perhaps the Unani system of medicine could produce the desired effect and hence treat-

ment by famous Hakims was undertaken. On examining the patient and hearing the history of the case, Khandani Hakim Alamshah of Mochi Darwaza, Lahore snapped his fingers and said that he could cure the case within four days but to our astonishment the disease stuck fast even after the constant efforts of Hakim Sahib for six months at a stretch. Hakim Sahib gave good many medicines from his own dispensary and prescribed many more to be bought from the market.

Thus a large amount of money was spent on fees of Vaidyas, Doctors and Hakims in seven years but all this produced no effect on the nasty diarrhoea or passing of blood. On some days he passed so many motions with blood that it was estimated that he won't live for more than a day or two in that condition.

No medicine of Ayurveda, allopathy or Unani System was left untried on him and he was really worried and fed up with the routine of taking medicines daily for the last seven years. So, leaving all hopes of recovery he decided to submit himself to the nature's way

Meanwhile it so happened that he was forced by certain reasons to live at Ambala Cantt. There a Vaidya, after hearing his cumbersome history, advised him to use Bael for a few weeks as a last step to which dear brother retorted saying that he had been using Bael for a very long time and in large doses in powders and decoctions but that had produced no tangible results. But the practitioner answered that he should try it in the way prescribed by him.

He instructed him to get large sized Bael fruits parched in an oven and eat them whenever he felt hungry and drink fresh cow's milk when thirsty. "This is both your food and medicine" he asserted:

The same advice was completely followed by Bhai Sahib. Mian Fida Husain, contractor of Meerut used to send quality Bael fruits to him through some of his relatives which he used according to the instructions of Vaidyaji and supplemented it with fresh cow's milk. Gradually the quantity and number of blood stools decreased while that of Bael increased till the complaint stopped totally and eventually even the trace of the disease vanished.

INDIGESTION CAUSED BY EXCESSIVE USE OF CERTAIN FRUITS AND ITS TREATMENT

It is wrong to think that indigestion is caused by excessive and indiscriminate use of foodgrains only and never by fruits. Indigestion is sometimes caused by fruits as well which in some cases may prove fatal. So it is necessary to acquire a first hand knowledge of its treatment. Such cases should be handled promptly and with proper care.

1—If indigestion is caused by the excessive use of elephant-apple one should use ripe fruits of neem to rectify it.

2—Use of ginger and Nagarmotha (Cyprus Scarios) or ginger alone sets right indigestion caused by dates.

3—Cooled decoction of ginger should be given to one suffering from indigestion caused by the excessive use of keg-tree fruit.

4—Decoction of Nagarmotha (Cyprus Scarios) is indicated in indigestion caused by Kaseru fruit.

5—Ripe banana should be advised to one suffering from indigestion caused by the excessive intake of Jack fruit.

6—Cardamom (small) is an adjunct to rectify indigestion caused by the excessive use of banana; some, however, advise the use of Ghee for the purpose.

7—Jambeerilemon is recommended in indigestion caused by the excessive use of Ghee.

8—Rice is prescribed for indigestion caused by cocoanut. Though some experts advise Jawakhar for the same.

9—Milk is decidedly useful in indigestion brought about by the excessive use of mangoes.

10—Take Terminalia Chebula if suffering from an impaired digestion due to the excessive use of Chiraunji (Buchanania Latifolia).

11—Indigestion caused by overeating Falsa (Grewia Asitica)

fruit requires administration of rubbed neem fruits.

12—Curd-water wards off indigestion caused by the excessive use of the fruits of *Mimosa hexandra* (Khirni) and the same purpose is served by neem fruits and a confection of rose petals (Gulkand).

13—Juice of cane or simple syrup is useful for indigestion caused by the excessive intake of melons.

14—Give common salt to remove indigestion caused by water nut

15—Ghee should be used for indigestion produced by the excessive use of brinjals.

16—Sugar is useful for indigestion caused by almonds.

17—Sugar is also useful to remove indigestion caused by the excessive intake of papaya fruit.

18—Jaggery (Gur) removes indigestion produced by water-melon.

19—Salt removes indigestion caused by *Eugenia jambolana*.

20—Ghee and salt should be used to remove indigestion caused by *Karamkalla* (a vegetable).

21—Fenel seeds cure indigestion caused by the excessive intake of guava.

22—Sweet pomegranate removes indigestion caused by sour pomegranates.

23—Sugar and fenel seeds should be used to remove indigestion due to pine apple.

24—Pomegranate juice should be given for indigestion caused by walnuts.

25—Salt or jaggery should be given to counteract indigestion produced by the excessive intake of oranges.

FRUITS AS LAXATIVE AGENTS

Generally everybody and specially civilised people are very well acquainted with the term constipation. Again, brain workers or those who idle away their time in ease and comfort are even more familiar with this name. In fact there is good deal of truth in the saying that the poor crave for ration while the rich complain about wanting a clean motion.

The greatest curse of urban life is constipation, and everyone there seems to be suffering from this trouble. But why is it not so with the animals which pass clear and formed stools which leave their anus unsoiled ? Then, why do men have to

sit and wait for stools for hours together ? The simple answer to these questions lies in their unnatural ways of life. We can not but expect sluggish abdominal muscles in shopkeepers who keep sitting from morning till night and clerks who lean on their office tables for eight long hours. An idle muscle naturally turns weak and that is evident in the case of persons engaged in sedentary vocations. In addition to it, inappropriate diet and lack of exercise and rest also exert undesirable effect upon the clearance of bowels. Those who wish to keep off constipation for good should particularly pay attention to the above-mentioned factors. Well-toned intestines never tend to retain the unnecessary faecal matter for an unusual time.

That there is a large number of persons who are obliged to seek the aid of bed pills, laxative powders and Asavas etc. for a clear motion, is evident from the fact that no medicine sells so much in the market as these items. But these medicines only tend to serve as a whip to a slack horse and their use is never commendable as it only goes to aggravate the trouble all the more: whereas, the use of fruits will not only remove constipation but also such other diseases as are produced by the deficiency of natural mineral salts and vitamins.

Although all fruits, other than banana and jack fruit, help elimination of faeces, yet pears, Makoya, guava and papaya are comparatively more useful for the purpose.

BAEL

Bael is the best of laxatives. It cleans and tones up the intestines and its regular use for 2 to 3 months throws out even the old accumulated faecal matter and prevents its further accumulation.

Though generally Bael is used only to check diarrhoea, yet in fact it contains both laxative and constipative properties. It hardens the stool when the same is loose while it serves as a laxative when the bowels are constipated and expels the faeces without difficulty.

Bael forms exactly the same type of faeces as has been defined by Dr. Loius Kunhe to be the symbol of perfect health. Bael is mostly used in the form of a syrup and it works allright but there sugar produces unnecessary heat and is not also otherwise useful because of its being devoid of natural vitamins and salt. So it is, by all means advisable to use Bael in its or-

iginal form and more so before dinner. One may sit for dinner after cleaning one's hands and mouth after taking Bael. Two ounces of Bael are enough for an adult. Its seeds and gummy juice should carefully be separated out with a knife and the pulp enjoyed tastefully with cream after it is spread out in a plate. It tones up and vitalizes the brain too.

PEARS

Pears stand second to Bael in removing constipation but its use as a laxative is not so commonly known. It can also serve the purpose of a purgative. Those who are in the habit of moving their bowels every year with some drastic purgative can very well employ it for the same purpose. One should use 8 to 12 ozs. of the juice of pears, which is so tasteful, three to four times a day to achieve this end.

The natural sweetness (Fructose) of pears is readily absorbed and utilized by the body and hence one does not feel any weakness whatsoever (which is otherwise so natural after a purge) on account of constant purging through its use. Patients suffering from chronic constipation should better subsist on its juice or the fruit itself, while in ordinary cases a medium-sized pear included in the breakfast or taken after the dinner will have the desired effect within a few days.

Sometimes the user begins to pass mucus after its use which should in no case be a cause of anxiety. Pears never produce mucus but expel the old accumulated mucus from inside the bowels. This stops by itself within 2 or 3 days, through its persistent use.

MAKOYA (COMMON NIGHT SHADE)

It not only resembles pears in respect of properties but is much more beneficial in various other respects; so much so that I call it the poor men's orange. We get the same vitamins and salts in it as are found in oranges or any other fruit of the lemon species; but people generally take it as a second rate fruit and use it only to coax the children. Although it is a fact that one cannot use this fruit in a considerable quantity on account of its being sour, yet its juice can very well be taken without difficulty. Half or a quarter pound of its juice is enough to effect a clear motion the next morning; at other times eating of forty to fifty fruits does good. People use it with vegetable salad too.

GUAVA

Laxative properties of guava are well-known. The famous English maxim, 'An apple a day keeps the doctor away' applies to guava too. The use of one guava a day can keep constipation away but this effect is considerably diminished when it is eaten after peeling it and extracting its seeds. It is not necessary to take it well spiced. People use it in winter but as a precaution desist from its use in rainy season. I have advised good many persons to use guava at breakfast, and this use has proved advantageous in almost cent. percent. cases. It is worth while to take one guava after dinner.

BANANA

Banana is a good tonic fruit. Nothing is more effective than a ripe banana to add weight to the weak and debilitated physique. Children should use it abundantly; but taking banana alone produces constipation which can be checked by the use of guava along with it.

PAPAYA

It is a matter of satisfaction that the use and production of papaya is increasing day by day. It exerts a little pressure on the system and one feels hungry again after 3 to 4 hours of its use. It is best to use it in the morning to get a laxative effect and hence it should be used freely at breakfast.

Its peeling requires a touch of preciseness and I here describe a device by which one will not feel it necessary to touch the pulp when eating it. Cut a papaya fruit into two pieces and remove the seeds with a spoon, then enjoy the pulp directly with the mouth until the rind only is left in the hand; but this is possible only when the fruit is quite ripe. The pulp can also be put in a plate after being separated from the rind with the help of a knife and mixed with milk, cream or sweetened curd to make it more tasteful. Dry grapes which are kept immersed in water for 15 minutes or honey can also be added to it if desired to make it sweeter.

Non-vegetarians should necessarily make use of it in a substantially good quantity. Pepsin which is found in papaya tends to digest meat very easily and keeps away constipation. Papaya and whey mixed form an exquisitely tasteful and whole-

some food.

Fruits are generally used in order to remove constipation but they prove to be advantageous in almost all ailments.

LEMON

Taking of lemon juice mixed with water several times a day wards off chronic constipation.

APPLE

Although apple is a little constipative yet its use proves to be laxative in case the cause of constipation lies in the weakness of muscles of the stomach; 3 to 4 apples should be taken in the morning on empty stomach to rectify it.

ALUBUKHARA (PRUNUS INSITITIA)

This is also a laxative fruit. One should take 5 to 7 fruits to relieve constipation, but 15 to 20 of them may be taken to get a purgative effect.

MANGOES

The juice of ripe mangoes has laxative properties and one should use it with milk at night.

GUAVA

Taking of fully ripe guava after meals shows laxative action.

FIGS

Fig is a well-known and tasteful fruit which is a specific for constipation and works most desirably in the case of children. It has been tried successfully by Mahatma Gandhi for the purpose. You will find a separate and original article on figs in this treatise in the following pages. Figs are often employed in the preparation of so many patent medicines and they are also effective if used alone.

GRAPES

Sweet grapes are second to almonds and figs in relieving constipation. Their field of action is not limited to clearing the bowels only. They tone up the stomach and intestines and relieve the most nasty and chronic constipation. One should use at least 12 ozs. of grapes every day to achieve this effect.

Taking of 15 to 20 of them is useless.

When fresh grapes are not available one can use dry grapes or raisins but those too should be taken in a large quantity say 2 to 4 ozs. per day.

AN ANECDOTE

Although grapes are not a drastic purgative like senna leaves or Cassia Pulo (Amaltas), yet they can act as a purgative. This is evident from the following real account related by the famous Hakim Abu Mardan.

It is mentioned in 'Tarikhul-a-tibba' that Khalifa Abdul Momin greatly disliked purgatives but in order to navigate him to health his physicians once thought it very necessary to purge him of the accumulated faecal matter; so just to create novelty in treatment, Abu Mardan decided to employ grapes for the purpose. He began to water a vine in the royal garden with the decoction of laxative drugs and thus the effect of those drugs entered the fruits through the roots of the vine. When the fruits were fully ripe a bunch of them was presented to the king and he was requested to take a few of them. The Khalifa thereupon took ten grapes. Presently, Hakim Abu Mardan forbade him not to take any more saying that it was too much for him and that he would have ten motions through its effect and lo ! by God's Grace he had 10 motions after a little while and became all right.

ALMONDS

Almond is a nice laxative dry fruit and the laxative properties of almond oil are so commonly known to every body. Eleven to fifteen almond kernels taken at bed-time facilitate a clear motion the next morning. Those who suffer from a weak stomach will find it expedient to take 5 grams of fennel seeds, 6 grams of sugar and 7 almond kernels at bed time with milk or otherwise 7 grams of almond oil with hot milk.

The use of almonds proves to be most advantageous in cases of chronic constipation.

Almond can also be used as a purgative and two to three of them prepared in the following way produce the desired purgative effect :—

Put 20 almond kernels in a bottle, cover them up with 10 grams of purified croton seeds, leave the bottle aside for 3 to 4 days, then separate the two and carefully preserve the almo-

nd kernels. Now these almond kernels imbibe the purgative properties of croton seeds and the use of 2 to 3 of them will display a purgative effect which may be a source of astonishment to the users. Some people having delicate nature find one such almond kernel to be sufficient for them to produce the desired effect. Can there be a more convenient purgative than this one ?

HOW PAPAYA ROOTED OUT CONSTIPATION

Although there are hundreds of examples, yet here I shall quote only one which will throw light on the miraculous constipation removing properties of papaya. There was a rich man whose vocation was lending money on interest. He sat on his seat for hours together and in the name of exercise he only played chess. His privy was within his house and there he used to sit smoking for long to avoid any feeling of exertion.

The history of his constipation is too lengthy to be given in detail here. Sometimes he had to extract faecal matter with the help of his fingers while at others he took enema. Very occasionally he used Panch Sakar and a good many times Ichha Bhedi Ras which he took with water followed by betel leaf. The recipes of Gulquand, Unani laxative decoction and various other purgatives were known to him by heart as he used them so often and even then his condition was deplorable.

According to the advice of a physician, this gentleman afterwards began using 5 grams of Isabgol with milk every evening which showed marvellous result for 2 to 4 days but its action too failed after 2 weeks and the slight hope of recovery again vanished in utter hopelessness. He then left it too, and continued the old practice of smoking under the impression that it was the proper treatment for constipation.

At last he consulted a country Vaidya who advised him thus.

The Vaidya said, "Seth Ji, there are various medicines which are not meant for all times but God has made fruits and food grains to serve at all hours. Food grains preserve the body while fruits maintain health and ward off diseases by increasing natural vitality. So you should not depend upon medicines for the cure of constipation at least, but leave yourself in the hands of nature and you will invariably be glade to find yourself improving day by day."

He afterwards mentioned the name of papaya and described

its digestive and laxative actions on the digestive system and advised him to use it for a few days, reducing the quantity of routine diet or stopping it altogether if possible. "Take wheat gruel with vegetables if desired, in the morning," he said, "and stop the use of pulses altogether. Desist from food grains by and by and take no grain meal whatsoever at noon and evenings. Take only 4 ozs. of wheat gruel next morning, reducing it to 3 and 2 ozs. respectively on subsequent days. Then have milk only on the fourth day."

He further instructed him to take half a lb. of ripe papaya at dinner and supper times or after every two hours if necessary: thus increasing the quantity of papaya and reducing that of foodgrains. So when the grain diet was totally stopped he was to remain on papaya and milk alone for two days. Thereafter foodgrain diet had to be resumed increasing its quantity gradually while papaya was to be taken as before. He was further told that if he could subsist on papaya alone in place of a flat supper, he was sure to be cured of the ailment and would feel a sense of relief the very next day.

The above-said instructions were followed in real earnest. The wealthy man liked papaya so much that he took more than 8 ozs. of it at a time and took three Kg. of papaya and one Kg. of milk during the day time which assisted peristaltis and finally relieved him of the nasty constipation.

Now he has got unflinching faith in the power of fruits to relieve constipation and offers a reward to any one who proves it to be otherwise.

Really papaya is a tried fruit which can be put forward to challenge any remedy in relieving constipation. Patients with piles generally suffer from constipation which definitely responds to the use of papaya.

At some places, papaya can be had in bazar throughout the year and should be used regularly. It is the best adjunct to regulate intestinal tone and persons suffering from constipation will find this gift of nature to be the most potent aid to cure the defect. It is really a recipe worth a thousand rupees.

DISEASES OF SPLEEN AND LIVER

When the action of liver grows sluggish, it cannot produce enough blood to cope with the needs of the entire body. Even the little quantity it then turns out is impure and heterogeneous to the system and causes excessive accumulation in the liver. These liver disorders ultimately tend to result anaemia, hot liver, general debility and various other diseases arising from blood impurities. The above-mentioned conditions and many more, respond favourably to the use of fruits.

The sweetness of fruits removes the sluggishness of the liver by accelerating its action and ultimately the liver begins to work with greater tone. The watery element of fruits diminishes extra heat of the liver and mobilizes it to normal routine. Blood impurities are fully rectified through the action of salts and alkaline elements contained in fruits while the iron and phosphorus present in them remove general debility by producing more rich blood to feed the body. Fruit sugar (fructose) is assimilated more readily than ordinary cane sugar and the salts and alkalies present in fruits are beneficial because they do not exert any harmful effect on human body like ordinary salts and alkalies.

Oranges, pine-apple, lemon, grapes and almonds are effective in invigorating the liver and checking excessive bile formation.

Oranges, lemons and almonds too, to a great extent, retard and diminish surplus production of bile while grapes, apples, pine-apple and bananas mostly produce energy and rich blood.

Bananas tone up the liver but take more time to be digested and hence those having a weak digestion should use them with caution, Oranges and grapes will prove to be highly beneficial to such persons, since these fruits carry high nutritional value and are easily assimilable at the same time. Those who own a sound digestion may very well use bananas which have extraordinary liver stimulating properties.

In a sound digestive system bananas exert a laxative effect and add weight to the body by vitalizing the entire physique.

Banana, as a rule, should never be taken on empty stomach especially by those suffering from habitual constipation as this itself is a bit constipative in effect.

Doctors generally advise the use of banana to every child or young man and this sometimes does more harm than good. Children are commonly found to be suffering from weak digestion and hence it is quite necessary to take into consideration their digesting capacity before advising the use of banana to them.

In short, not only the nutritive value of banana but also its demerit of taking longer time to digest and exerting constipative effect upon the system should be kept in mind while recommending its use. In order to derive the maximum benefit from the use of bananas it is quite important that the user should be in a position to assimilate the fruit fully.

Grapes and oranges are the most effective fruits in removing general debility during convalescence and producing a rich store of blood by stimulating and toning up the liver.

Orange is essentially a cardiac and hepatic tonic and provides a sense of well-being by purifying the blood and keeping a check on unnecessary production of bile in the liver.

Grape is an easily digestible tonic fruit. It supplies vigour to the body and increases its weight by producing rich fresh blood. Unlike banana, it happens to be a laxative fruit which clears up the undesirable congestion of the bowels.

In Western France, Southern Germany and Switzerland they, as a custom, treat general debility, sluggishness of liver and various other bodily irregularities with grapes; this proves to be the most patent treatment for the aforesaid ailments. It is a general practice of the inhabitants of those countries when they feel weary and fed up of wordly affairs to go to the countryside and jungles, breathe in the fresh health-promoting air and eat as much as 3 to 6 lbs. of grapes per day; as a result of this all weariness and exhaustion are wiped out, fresh energy pervades their entire self and a cheerful ruddy streak of healthy glow is to be seen on their faces

Similar to grapes, apple is also a vitalizing tonic fruit diet. It has got more phosphorus and iron elements in comparison to all other fruits or vegetables and its regular use shows marked improvement in health and youthfulness.

Taking of 2 to 4 apples a day regularly with milk improves health considerably within a month's time. Due to its qualities

of liver stimulation and blood production, apple naturally goes to build beautiful and bright skin and a glowful impressive face. In short, it removes all deficiencies of the vital organs of the body and displays marked improvement in general health.

• In cases where stomach too has grown weak together with the liver, sour apples work better than sweet ones but when the digestive machinery is functioning all right sweet apples which are endowed with qualities of producing fresh and bright red blood are preferable.

Pine-apple also tones up the liver and controls excessive heat in it and can be used in place of apples, similarly Eugenia Jambolana (Jamun) tones up the liver.

CONGESTION OF THE LIVER

Cases of congestion of the liver can be corrected and cured by taking unspiced brinjals for at least a fortnight at a stretch in winter. We get brinjal quite abundantly in this very season, when the increased bile produces various derangements in the human body. The use of brinjals in such a conditions sets right the function of intestines and other tubular formations of the body. The surplus bile is extracted out of the body prior to its being able to create any sort of troubles there. Thus the importance of taking a considerable quantity of brinjals in this season is established.

The other crop of brinjals, which requires a good deal of irrigation for its proper growth, is ready by the early days of the summer. The use of this fruit exerts a hot effect upon the system on account of it absorbing much of the fire (Agni) element from the hot sun. Spring is the season when increased phlegm gives rise to various phlegmatic diseases in the body and hence limited use of brinjals in the form of vegetable is advisable in this season.

DOSAGE:

A healthy youngman can take 20 tolas of this vegetable or 'Bhurta' at a time without harm. Taking half a kg. of brinjals in two sittings, morning and evening, can in no way prove to be injurious to health. At the most it may cause one liquid motion in a person having a weak stomach; however, an ordinary man can very easily digest 5 to 10 tolas of 'Bhurta'.

It won't be wrong to term brinjal as the nectar of the universe and its use can produce even more good than tomato. The

use of uncooked green brinjals by healthy persons sharpens their appetite. Those suffering from any disease should refrain from its use.

BHURTA:

Brinjals should be roasted on slow charcoal fire and their outer rind peeled off, then Bhurta should be prepared by mixing salt and black pepper. For the use of healthy persons, the preparation can be made more palatable by the addition of red chillies and pure mustard oil too.

Too much frying in ghee makes it less useful because much of its nutrition elements are lost by cooking. In short the use of brinjals in a proper way is very much advantageous, especially so for liver disorders.

The above mentioned merits of brinjals have been established after thorough trials over a good many patients, and therefore they can very safely be made use of under the supervision and on the advice of some able physicians.

In addition to bananas, grapes and apples, mangoes are highly beneficial in producing blood haemoglobin and removing anaemia and liver disorders; hence sweet mangoes should be used freely followed by cow's milk or lassi which shows marvellous results. Persons of phlegmatic nature should use mango juice in the following way to ensure better results:—

Take half a pound of the juice of sweet mangoes, mix in it the same amount of cow's milk, a spoonfull of ginger, an oz. of sugar and an ounce of pure ghee, if possible; the quantity of mango juice may be increased after a few days. Two month's regular use of this mixture removes the worst kind of anaemia, vitalizes and tones up even the weakest human structure, and peevish pale faces turn rosy as a blooming rose. Undoubtedly it is the best fruit to produce fresh blood.

Continuous intake of impure and non-nutritious food spoils the blood and diminishes the tone of the skin. Consequently pimples and abscesses appear all over the body producing scabies like condition. Excessive use of stimulants and irritant food articles like meat and spices in summer season increases acidity in the blood which is not amenable to the use of ordinary blood purifying medicines. This typical defect responds favourably to the use of lemons and oranges. The alkaline juice of the above-named fruits reacts with the acid in peripheral blood and causes profuse micturition which tends to wash out the

toxic substances. Fruit eaters are generally more healthy and beautiful than others and are saved from diseases arising out of blood impurities. So it is advisable to use squash of lemons and oranges in cases of blood impurity. These fruits are the best blood purifiers. In normal conditions also their systematic use produces healthful brilliance of the face and body.

Now-a-days hundreds of face-creams and massages are used to beautify the complexion, but fresh and pure blood being the fundamental necessity to ensure a faultless skin, these external applications prove to be of no avail. The use of fruits provides renewed tone to the skin through production of fresh blood.

LIVER DISORDERS

Liver gets deranged mostly in the summer and the disorder should be carefully attended to. Such liver defects are easily removed by taking the juice of half a lemon squeezed in a glassful of sweetened milk. Do not mind if the milk curdles owing to the effect of the lemon juice as this helps to digest the milk quickly.

Lemon is an efficacious fruit to rectify all kinds of liver defects. Juice of one lemon should be taken mixed with tepid water for the purpose and the practice repeated several times a day.

AN APPETISING RECIPE

Daily use of a few ripe Eugenia Jambolana fruits greatly tones up the liver and increases appetite.

A REFRESHING DRINK

Components. —Juice of an orange, soda bicarb and necessary amount of sugar

Method of preparation :—Dissolve 15 grains of soda-bicarb in a glass of water to which a desirable amount of sugar or any syrup has been added. Now press out a few drops of the juice of orange peel in the glass; but mind that you don't mix too much of it or it will spoil the taste. Then squeeze out the juice of the orange lobes through a clean piece of cloth and add to it the glassful of the above syrup which will readily become foamy when it should be drunk without delay. Really it is a delicious beverage.

Uses :—It relieves extra heat and inflammation of the stomach very soon. The inflammation and irritation which

result in the bowels as a sequel to the use of Croton Trigilium Seeds is also set right by it; moreover, it removes constipation, clears the liver, suppresses bilious jaundice and comforts the system in the summer. If drunk after walking in the summer sun it refreshes the brain and body, sharpens appetite and ensures normal digestion.

A NOVEL GIFT

Cut a lemon into four pieces and pour out a quarter Kg, of cow's milk equally into four cups. Now squeeze the juice of one piece of lemon in a cup and drink immediately. This process should be repeated after every seven minutes until all the four pieces of lemon are consumed and continue the practice daily for a month

Benefits:—The use of lemons in this way ensures increased production of rich blood which makes the face rosy red, sharpens the appetite, relieves chronic constipation and puts down all anxiety and weariness.

NOTE:—If the recipe is to be kept secret; the patient should be given four powders of sugar also and instructed to mix one in every cup.

HEALTH MEANS BEAUTY

Various kinds of snows and face creams are employed these days to make the complexion more beautiful and attractive and these beauty requisites, as they are called, whiten the skin for a while no doubt, yet real beauty is only the other name of perfect health. External make up with rouge and face-powders are nothing but temporary pomp and show, while the real glow of beauty which is a sign of real and perfect health can never be expected in the presence of a weak and sluggish liver that cannot turn out the much needed supply of fresh blood.

One may, therefore, depend upon the use of haematinic fruits to make one's complexion bright and ruddy. Grapes, oranges and apples are the best among fruits for this purpose as they increase the digestive capacity and make the liver potent enough to produce a greater quantity of rich and pure blood which in its turn, makes yellowish white faces pinkish red.

ABOUT THE BEAUTY OF THE FACE

This note was sent by Shri Krishna Prasad Trivedi, B. A. Ayurvedacharya for publishing and I am reproducing it as it throws light on the subject. According to him papaya is a fine fruit to beautify the complexion. Rubbing a piece of fully ripe papaya on the face removes the ill looking wrinkles, darkness and dirt, clears the face and imparts a soft rosy freshness to the complexion. A good many face-creams and powders are now prepared with ripe papaya and blots from soiled clothes can also be removed by means of this fruit. Such clothes should be rubbed with papaya after immersing them in hot water. Those who are in quest of a beautiful and charming complexion are advised to employ papaya for the purpose instead of spoiling their natural beauty through the use of foreign artificial devices like pomades, face-powders, etc.

USE APPLE: BE STOUT AND STURDY

Apple is the best fruit to tone up a weak and run down physique. Prof. Rhess in one of his books has described apple to be gifted with the qualities of removing all kinds of bodily defects and making the body stout and strong. Apple tones up the brain and the body owing to the presence of phosphorus and iron elements in it. It refreshes and tones up the brain and provides the body mechanism with extraordinary vigour and strength.

In addition to it, apple supplies energy to those who are accustomed to do much sedentary work. It activates and stimulates their liver, removes its sluggishness and imparts vital energies to the brain and the body. Its use in the following way provides still more benefits:—

Take two or three sweet apples and cut them into pieces after peeling off their outer rind. Arrange these slices in a glass plate and place it where the moon light and the dew fall on it at night. Now eat these slices at breakfast time and continue the practice regularly for a month or so daily. This will show definite and marvellous results.

MY OWN EXPERIENCE AS A PATIENT OF JAUNDICE

Accumulation of unnecessary bile in the liver not only makes the eyes of patient yellow but in chronic cases the whole

body including nails turns pale and eventually a stage is reached when the patient sees everything pale. Almonds are remarkably beneficial for this condition.

Some physicians disallow fat in jaundice as it is injurious in their opinion. On the contrary, I can say on the basis of my own clinical experience that the use of almonds in the following way proves highly beneficial in this disease.

Immerse 8 almond kernels, 5 cardamom (small) and 2 dry dates in a jug of water and let them remain so for the whole night. Remove the outer coating of the almond kernels and the inner seeds of the dry dates the next morning and rub the whole into a fine paste in a clean mortar. Then mix 50 grams of sugar and an equal amount of butter in it and ask the patient to lick it. It will show encouraging results very soon and the patient will pass clear urine on the third day. Once the writer of these lines also suffered from jaundice and was cured through the use of almonds in the above-mentioned way while many other valuable medicines had failed. My condition, at that time, had deteriorated a lot and I had taken no food continuously for eleven days; so much so that I hated the very name of bread but the very first dose of this recipe gave me a sense of relief.

OTHER PRESCRIPTIONS FOR JAUNDICE

(1) Immerse a clean piece of iron in 50 grams of Pomegranate juice and keep it there for the whole night, take out the piece next morning and give the juice to the patient after mixing a little sugar and water in it. This goes to produce fresh blood in the liver and a pinkish glow on the face.

(2) Immerse 15 seedless raisins in 20 grams of grape vinegar at night and keep it there till the next morning when it should be given to the patient, adding to it a little salt and black pepper. It removes jaundice within a few days.

(3) Lemon is the most beneficial and effective fruit for all disorders of the liver and more so for biliary jaundice. The jaundice patient should be given 20 grams of lemon juice mixed with water several times a day. This treatment positively wipes off jaundice.

SPLIENIC CONGESTION

This is a grave defect which sticks fast to the system, destroying the reddishness of the face which is replaced by a

tint of paleness. It makes the belly protrude and the spleen is easily palpable below the left set of ribs. The patient becomes unable to run or under-take any kind of physical strain. He suffers from dyspnoea even after slight exertion.

Fever attacks a case of splenic enlargement more frequently in the malarial season. Lemon is the best adjunct to remove splenic inflammation, the patient should be given 20 grams of lemon juice several times a day.

Fig is another fruit specific for the ailment and its confection is the most highly advocated item for the congestion of both the liver and the spleen.

Eight figs should be taken daily followed by 5 to 6 almond kernels to get the desired results. The congestion is totally cured through its regular use for a few days.

Taking of figs which are kept immersed in vinegar too relieves congestion.

Daily use of 20 ozs. of mango juice mixed with 10 grams of honey also sets the inflammation of the spleen right

ASCITES

Persons who are suffering from ascites should take dry grapes with milk. It is a wonderful and well-tried recipe to relieve the disease.

THE FRUIT THAT CURES ASCITES

The patient with ascites should be given two or three glassfuls of cocoanut water to drink. The dose of cocoanut water may be increased or reduced according to the condition and needs of the patient and the disease.

WONDERFUL TREATMENT OF ASCITES

A young man suffered from ascites and all treatments for the same proved futile. Lastly the fluid was tapped but it soon refilled and the doctors refused anymore tapping. So the disease increased more and more in spite of regular treatment and the case took a hopeless turn. The mango season had set in and the patient wished to enjoy the fruits but the physicians disallowed it. One evening the father of the patient brought 20 to 25 seers of mangoes from his own garden for children and put them in water to be enjoyed the next morning. When the members of the family were all asleep, the patient somehow managed to drag himself along panting to the mangoes and began to eat them until all of them were finished. Then he somehow crawled back to his bed but as soon as he reached there he vomited 7 to 8 times and passed 10 to 12 loose motions. He then felt 50% of his disease had vanished and asked his father to send for more mangoes for him. His father was very much astonished to hear the news and fed him on mangoes freely for 4 to 5 days. The young man was thus completely cured of the disease.

DIAGNOSE YOURSELF AND LET ME TELL YOU THE CURE

About five years ago, I once decided to live at Boria, my birth-place, during the mango season. I had not been there

for the last eight years after the death of my father; partly as his remembrance pains me and partly because none of my near relatives now live there.

However, my two fathers-in-law, my own uncle and other near and dear ones are at Jagadhri. So I dropped the idea of going to Boria and went to Jagadhri. It is but common that patients throng around me on my reaching a place.

One evening when I was with a few of my friends and patients, a patient came to me and asked whether I treated only the rich or paid heed to the poor too. "Well, I am a servant of the poor and the hired mule of the rich", I replied. He then wanted to draw my attention to his miserable condition and said that he was a 'Kahar' by caste and was unable to do any sort of work due to a tormenting ailment and that for the same reason his sons had turned him out of home to become a wayside beggar.

As regards his constitution, he had very thin legs and hands which were practically devoid of flesh and muscles, a drum-like protruding belly, white nails, sunken cheeks and eyes; and these made him a ghastly figure to look at.

I viewed him carefully from head to foot and enquired :—

- (1) Do you suffer from dyspnoea when walking ?
- (2) What about appetite ?
- (3) Do you enjoy a sound sleep or is it disturbed at times ?
- (4) What sort of dreams do you have when sleeping ?

And I got the clue as regards the nature of the trouble from the answers he gave to my queries.

In the meantime, hundreds of men had crowded the place, while the poor man went on saying that he had got no money to buy food or medicines. I enquired whether he was ready to desist from the things I would like to forbid him and assured him that the same would cure him completely and make him stout and strong as before.

On his answering in the affirmative, I advised him to go to the garden of Shri Kundan Lal Bahadur Mal, my uncle and live there under the old Eugenia Jambolana (Jamun) tree and to eat as many fruits as possible. I further told him that there he would require neither food nor medicine but that he would have to remain there as long as the season of Jamun fruits lasts.

The poor man did likewise notwithstanding that men mocked and jeered at him; he stayed there eating Jamun fruits which caused 3 to 4 motions every day. In the meantime I had returned from Jagadhri.

Next time when I happened to go there in the winter, I found him so stout and strong that I could not recognise him at first sight. He introduced himself to me saying that he was the same helpless 'Kahar' whom I had cured by suggesting the use of *Eugenia Jambolana* fruits.

I hope that the liver disorder from which the patient was suffering will now be evident to my readers of the above account.

(Hakim N. L. Soni)

FIGS ON PILES

Haemorrhoids prove to be a source of utmost pain and anxiety to a patient suffering from piles. So excruciating is the pain that he is prepared to undergo even an operation, in order to get rid of it. But unfortunately, this treatment (operation) too does not provide a positive or lasting cure, as the defect is generally associated with a deranged liver, whose reform is a fundamental necessity for permanent relief as otherwise, operating the haemorrhoids is no guarantee for its non-recurrence on a future date.

Figs are very efficacious in this disease. Two to four figs (well cleaned with hot water) should be immersed in water at night in a glass or enamel ware which should be covered by a lid. The figs should then be taken the next morning, after discharging nature's calls, followed by the water in which they were kept immersed. Similar use of figs should be made in the evening too. If this process is carried on for two to four weeks regularly, it cures bleeding piles. The tiny seeds of the fruit are endowed with the exceptional quality of stimulating peristaltic movements of intestines which promote easy evacuation of faeces and keep the alimentary canal desirably clean and aseptic. The pressure upon the anus having been relieved, the haemorrhoids too get contracted. The disease gets totally cured if 'Masskosa' is also massaged well on the vertebral column.

Rigid observance of the rules regarding dietary helps a lot to accelerate the effect of the treatment to uproot this nasty ailment. The diet of a patient of piles should be light, easily digestible, soft, non-constipative, simple and natural, as this kind of food usually favours unhampered evacuation of the faecal matter.

The following menu should be handy to guide such patients; it can, however, be amended according to their individual nature and requirements.

Take—small green salad, 2 figs and dates as morning breakfast.

—Salad of uncooked vegetables, bread made of whole-wheat flour and butter for dinner, salad or fibrous vegetables should as far as possible, be avoided.

—Evening meal should consist of boiled potatoes, slightly cooked cabbage or carrots with butter. Fresh or dried bananas can also be allowed. Constipation should be warded off during and after the course of treatment. Daily use of enema helps considerably to remove intestinal congestion and is recommended.

DISEASES OF KIDNEYS AND BLADDER

As already described, fruits contain mineral salts and hence are endowed with unique properties to cause profuse micturition through which the toxins are easily flushed out. Lemons and oranges are particularly beneficial for the purpose. The juice of these fruits not only eliminates the toxic substances from the urinary system but also tones up its functions and consequently the excessive heat there is reduced to normal.

WEAKNESS OF KIDNEYS

Fresh and dry fruits particularly 'Pistachio', almonds and 'Chilgozas' are useful to tone up weak kidneys.

Mango among the fresh fruits is particularly beneficial to relieve the weakness of kidneys. The kidney-like shape of mangos is also suggestive of their natural properties to tone up this organ.

STONE IN THE BLADDER OR KIDNEYS

The treatment through grapes that has been mentioned in the previous pages is almost a specific for the cure of stone in the bladder or kidneys.

Similarly, pine-apple is also a highly beneficial fruit which can effect a cure in the aforesaid ailment and should be taken in two ozs. doses.

PAINFUL MICTURITION

Anyone suffering from painful micturition or acute gonorrhoea can be benefited greatly by the use of almonds.

Seven almond kernels and seven cardamoms (small) should be ground and mixed in water and enjoyed like a drink thrice a day. It is a fine remedy for the above mentioned ailment.

NOTE—An addition of 3 grams each of *Dhania* (Coriander seeds) and Sandal-wood powder will make it more effective.

Five grams of the juice of the banana root should be kept under the sky at night and the patient should take a gram of saltpetre with it next morning. This recipe will eradicate the disease within seven days.

URINATION BY DROPS (STRANGURY) •

Take three raisins and remove their seeds. Then enclose one black-pepper in each of them. These raisins at bed time for a few days continuously will completely relieve the trouble.

A SECOND RECIPE

Take fresh pulp of ripe Bael and rub it finely in water. Then add some milk and sugar to it and drink after straining it through a piece of cloth. This will relieve retention of urine in no time.

DIABETES MELLITUS

The terms diabetes mellitus literally means passing of sugar with the urine. Although most extensive researches have been made by Allopathic doctors regarding this disease, yet they have not so far discovered any medicine which can cure it permanently.

Out of twenty kinds of **Pramehas** mentioned in Ayurvedic texts, **Madhumeha** and **Ikshumeha** correspond to diabetes mellitus. According to the Ayurvedic theory, causes of diabetes are the same as are mentioned in the case of **Pramehas** in general.

Doctors, on the other hand, believe that the sluggishness or obstruction in the normal functions of the liver or the portal system is the chief among the causative factors of the disease. Carbohydrates (starch and sugar) that are ingested are reacted upon by bilirubin in the liver prior to their transformation into glucose. Carbohydrates, in their original form, cannot mix in blood directly but have to be converted by the liver and other digestive juices into a particular kind of sugar (glucose) which ultimately mixes in the blood in a certain proportion. This sugar which goes to mix with blood is highly soluble by nature while the surplus of it is turned by the liver into an insoluble sugar which is called 'Glycogen' and it remains stored in the liver itself. All these functions have to be discharged by the liver but when it gets weak and sluggish and is unable to discharge its function properly, the sugar finds its way into the peripheral blood in more than the normal proportions. This excess of sugar is ultimately filtered through kidneys along with urine. This condition is medically termed 'Glycosuria'.

So evidently inefficient liver predisposes the system to the onset of this ailment. At the same time, defects of pancreas, heart, brain and kidneys also have considerable bearing on the causation of this disease.

The pancreas secretes a hormone called Insulin which regulates the oxidation of sugar for the use of muscle cells. In man, deficiency of Insulin lessens the consumption of sugar

within the body and hence its concentration in the blood is increased which ultimately is thrown out of the system along with the urine. Deficiency of insulin is thus the direct cause of diabetes.

The Allopathic line of treatment advocates Insulin injections for the disease which stop the passing of sugar with the urine; but Insulin does not give lasting cure. It can control the disease only as long as the injections are continued. I have come across and dealt with many patients who had become desperate about their recovery after taking repeated courses of Insulin injections.

As already stated, defective liver is one of the prime causative factors of diabetes and an impaired and weak nervous system the auxiliary cause of the disorder; and as Insulin neither sets the functions of the liver in order nor reforms the disabilities of the digestive system or the faulty pancreas, the disease gallops on with unabated and renewed intensity after the effect of insulin passes off, and soon a stage is reached when the patient finds that even Insulin has cast off its magic and has no effect on the presence of sugar in the urine. The real treatment of the disease therefore lies in flushing out the inner toxins from the system, reforming and toning up the action of the liver and stimulating the nervous system.

This purpose can be achieved by a rational and systematic use of fruits. In much advanced cases, the treatment may beneficially be supplemented with drugs like 'Diaboline' in order to ensure better results soon.

TREATMENT THROUGH FRUITS

This should be carried out with great perseverance and rationality. The first essential step should be to detoxicate the system by washing out the foreign and toxic substances. A week long fast and regular enema for flushing out the lower colon and other measures to avoid intestinal congestion should be undertaken for the purpose. Papaya and guava work wonderfully well to effect this much-needed inner cleanliness. Observance of other necessary restrictions regarding dietary e. g. taking bread made of whole barley and gram flour and vegetables like Papaya, 'Karela' and 'Parwal' are also necessary. Papaya is a highly potent and efficacious fruit. It is digestive as well as laxative so much so that one grain of papaya-milk can

digest 300 grains of starch. Its dried milk-papain is easily available in the market. Seven grains of milk-papain can digest half a Kg. of milk in $1\frac{1}{2}$ hours.

Diabetic patients should totally forsake mental worries and take complete rest. Walking in the open air morning and evening, sponging and taking bath with tepid water, and general massage of the body with oil are beneficial and these health-promoting activities should be carried out only so much that one does not feel physically tired due to them.

The juice of some of the juicy fruits e. g. oranges, mangoes, grapes, pomegranates and *Eugenia Jambolana* (**Jamun**) etc. should be given every morning. A square meal should be taken only once at noon which should include 'Daliya' (gruel) bread made of whole barley and gram flour and vegetables only. Fruit juice should again be given in the evening. *Eugenia Jambolana* (**Jamun**) plays a very important role in eradicating this disease.

TREATMENT OF DIABETES MELLITUS THROUGH *EUGENIA JAMBOLANA*

Eugenia Jambolana is a commonly known fruit and requires no introduction. It grows abundantly in the rainy season (July to September) and is rich in iron element. Before describing its various qualities, I shall here explain the method of using it in diabetes mellitus where it reduces the percentage of sugar in the urine within 10 to 15 days and totally cures the disease within 2 months.

1—The powder of the inner stone of *Eugenia Jambolana* in 3 grams dose (a bigger dose can be prescribed if necessary as it does not contain any toxic element) twice or four times a day (in severe cases) with water should be given.

2— Make one gram powder of the inner seeds of the fruit and a gram of opium into a fine paste with water (sufficiently thick to prepare pills) and prepare 32 pills from the above. Two pills should be taken in the morning as well as in the evening with water to eradicate diabetes mellitus.

3—Its liquid extract is commonly available under the medical name of Extract Jambolani liquid with chemists. This should be taken in dr. 1 to dr. 2 doses with water thrice daily. It will show its effect very readily.

The patient should abide by the specified dietary 'during the treatment. He should take bread made of old barley'

Bajra and gram. He may also be allowed milk from which cream has been separated. Sugar, Gur and other varieties of sugar are to be desisted from. Rice and potato should not be given but Mung (green gram) and Palak (Spinach) may be allowed.

This fruit acts favourably in dysuria on account of its cooling effects. It relieves phlegm (Kaf) and bile (pit) and is not constipative while its bark and the inner stone are constipative and as such are beneficial in blood dysentery and diarrhoea due to excessive heat in the system.

If we put powdered iron in the juice of this fruit, it is gradually dissolved and Unani physicians prepare the cold oxide of iron through this very process. Some also prepare this oxide in its vinegar.

This fruit does not contain all body-building elements in the desired quantity and hence it can not be used for 'Kalpa' purpose. This deficiency can, however, be made up by supplementing it with the use of milk but these two should be used at distinct intervals of time.

If somebody has ingested hair or raw iron out of carelessness or by mistake he can be benefitted by the use of this fruit. Similarly, all intestinal defects e. g. splenic enlargement, or flatus, tumours etc. respond well to the use of the vinegar of *Eugenia jambolana* in 6 grams to 10 grams dose with four times as much water taken twice daily (morning and evening).

Gargling with the decoction of *Eugenia Jambolana* bark and *Dhamasa* (*Fagonia Arabica*) relieves stomatitis and bleeding from gums.

COMPOSITION AND THE METHOD OF PREPARING JAMBAVARISHTA

Take the green bark, green leaves and roots of *Eugenia Jambolana* tree, also its fruits and their inner stone each one Kg., grate and boil the whole in 64 Kg. of water. Strain through a piece of cloth when 8 Kg. of water remain in the pot.

Add the juice of *Eugenia Jambolana* fruit Kg. one, Dhai flowers 400 grams, Nag Kesar 200 grams and honey one Kg. Now put the whole in an earthen pot, have the mouth of the pot tightly packed to avoid leakage, keep safe for a month, then strain and pack in bottles.

Dose—It should be taken after meals in 20 to 40 grams dose mixed with double the quantity of water.

Indications:—

Spermatorrhoea, diabetes mellitus, dysmenorrhoea, blood diarrhoea, dysuria and all stomach troubles.

Patients having bilious nature should use Kandhari pomegranates, Chilgozas in the winter and Eugenia Jambolana fruit in the rainy season, when these are easily available. The juice of grapes is also believed by some people to be advantageous for this disease.

Although the above mentioned line of treatment is usually crowned with success in destroying the ailment yet if there is any deficiency left, 'Diabolene' should be used with 'Gurmar' which removes the disease for good. 'Gurmar' is a most reliable, efficacious and well tried herb for the disease and it readily controls excessive micturition, extraordinary hunger and thirst and stops passing of both sugar and albumin with urine.

GOUT AND RHEUMATISM

Some people suffer from the delusion that sour fruits are harmful in gout but the fact is that the acidity of fruits is remarkably beneficial in diseases of the joints.

If a patient of phlegmatic rheumatism is given the juice of sour fruits, it goes to cure it. Treatment through lemons also proves highly beneficial

LEMON IN METABOLIC DISORDERS

If one desires to be treated with lemons only, the following scheme should be adopted:—

Take nothing but water on the first day but take it lavishly, then take a mixture of an equal quantity of lemon juice and water four times on the second day. This should be taken five times on the third day, six times on the fourth day, then seven and eight times on the 5th and 6th days respectively. This gradual increase of dose should be made until the juice of 12 lemons is consumed.

This stage having been reached, the number should be gradually decreased until it reaches 3 lemons per day.

It should always be borne in mind that no sugar is to be added to the aforesaid mixture. The patient will feel hungry and slight physical weakness on the first or second day but will regain normal tone afterwards and be able to perform his routine duties too.

When the number of lemons reaches three, he should begin with light food; grapes, oranges and pine-apple should also be given daily. The quantity of fruits may be increased gradually while the use of lemons should continue side by side.

Lemon can display its effect only when given on an empty stomach and nothing but water is allowed after it.

The diseases which cause increased production of acidity in blood are amenable to the use of lemons.

Persons with a gouty disposition should take dry grapes with milk which prove very useful to them.

PHLEGMATIC GOUT

Dry dates are very useful for this purpose; their use totally relieves the ailment and restores health. The dates should be prepared in the following manner to achieve this result:—

Composition:—Dry dates (from which seeds have been extracted) one Kg., sugar crystals one Kg.

Take an earthen pot sufficiently big to hold the dry dates and the sugar. Put half a Kg. of sugar in the pot, then spread the dry dates on it and cover the whole with the rest of the sugar; finally pour as much of cow's ghee in the pot as will fill it up to the brim. Now place a cover on the mouth of the pot and keep it well secured in a heap of corn. Take it out after fifteen days and prepare a fine paste of the contents.

This paste should be taken by the patient in 1 to 4 ounce dose and all constipative and heavy diet should be avoided.

TOXIC RHEUMATISM

One who has, somehow used immature oxide of Ras Kapur, Dalchikna, arsenic or mercury by the mistake of a physician or is otherwise criminally poisoned by somebody can be saved through proper treatment if toxic manifestations like gout, anasarca or slow indolent fever etc. occur as a sequel thereof. There are perhaps very few medicines to cure these disorders but lemon is no less than a specific to counteract the poison and should be used in the following way:—

Take 2 ripe lemons, cut them into 4 pieces and keep a Kg. of fresh cow's milk in four cups. Now squeeze one piece of lemon into each cup of milk and drink before it curdles. Finish up the 4 cups in this manner and thus continue taking 2 lemons and one liter of milk daily in the morning which will induce one or two clear motions every day. Complete recovery will be effected within a fortnight.

FEVER

That treatment of almost all diseases can be conducted successfully through fruits is not an exaggerated statement. The learned men of the past have also expressed a similar opinion with the comment that no body will die an untimely death provided he makes a regular and systematic use of fruits. Really the sages of ancient times enjoyed very long lives by following the laws of nature and subsisting mainly on fruits.

Now if we indulge in an indiscriminate use of fruits or go on dissipating our energy while subsisting on a fruit diet, our system is bound to become susceptible to the attacks of various diseases. In such conditions it should be borne in mind that it is not the fruit diet which can be blamed for it but the real fault lies with the person using it. We should make a rational use of fruits in order to keep fit, otherwise an indiscriminate use of even Nectar can prove fatal to life.

So in this chapter I shall deal with the treatment of various types of fevers mainly with fruits.

Fresh juice of fruits is very useful in fever cases and the use of lemonade prepared from fruits is a very tasteful beverage for the patient.

Juice of fruits like oranges makes a very delicious and digestive drink which undoubtedly refreshes, cools and comforts the patient.

When the skin of the fever patient is hot and dry and the lips parched, the juice should be given in a large quantity. It lessens the fever and comforts the system. Suggesting the use of the distilled Arqs which are available in the market, in place of this fresh fruit juice is of no use and sometimes does harm rather than any material good.

BILIOUS FEVER AND INFLUENZA

The digestive capacity of fever patients being too weak, they should be given a protein free diet which can not only be digested but assimilated quite easily exerting minimum pressure on the digestive machinery.

Orange has got a nominal percentage of (nearly 1%) proteins and it may be advisable to give 200 to 300 grams of its juice mixed with gruel made from barley.

A patient suffering from bilious fever generally feels very thirsty and it is very necessary to alleviate this thirst. Orange juice in addition to being refreshing is free from all sorts of bacteria and therefore, such patients should be advised to use it freely in place of plain water. The thirst quenching property of the acid juice of the orange acts like nectar while its sweetness and tastefulness counteract the toxins that lie as sediment on the tongue and cause distaste for food and water. Orange juice refreshes the body and frees the system of toxic substances that feed on the blood and muscles of the human structures and are the root cause of excessive thirst. Lastly it suppresses the three elementary Doshas of the body and helps to regain complete health.

LEMON IN FEVER

Lemon is a useful fruit for malarial fever and other fevers originating from the effect of heat together with their complications e.g. vomiting, diarrhoea and excessive thirst which trouble the patient a lot. The juice of one or half a lemon may be squeezed into a glass containing sugar and a desired quantity of water and given to the patient. It relieves uneasiness and troublesome symptoms like vomiting and diarrhoea very soon.

Kagzi lemon is a dependable cure for fevers. Regular use of lemon in the malarial season proves to be an effective preventive against an attack of malaria. Fully ripe lemons are a specific for fevers while the unripe ones which are plucked by gardeners at the beginning of the season to earn fat profits are, on the contrary, harmful and produce fever.

A LEMONADE FOR ALL SEASONAL FEVERS

Take five or six lemons, peel them, cut them into slices in a transverse section and squeeze out the juice into a china clay basin. Then pour 300 grams of boiling water into it and mix necessary quantity of sugar when cold. The lemonade is ready and the patient may take it in as much quantity as he desires. It proves to be an ideal and delicious drink in all seasonal fevers and other similar ailments resulting from excessive heat which it destroys together with other attendant symptoms like vomiting, thirst, diarrhoea and uneasiness.

MALARIA AND ITS THREE STAGES

Malaria is characterised and preceded by rigour and is commonly found in every country. There are three distinct stages of this fever:—

- (1) **First stage** :—The patient feels excruciating cold and he desires to wrap himself up in all available warm clothing.
- (2) **Second stage** :—The rigour abates and a feeling of burning sensation pervades the body.
- (3) **Third stage** :—The patient perspires and the temperature comes down by degrees

Physicians treat this disease with medicines like Quinine, Godanti Hartal Bhasma or Hartal (Varqui) Bhasma but here I would like to invite the attention of the readers to the employment of fruits for its treatment

TREATMENT OF MALARIA WITH FRUITS

(1) Sprinkle powdered alum or lime on a dissected lemon warm it on fire and suck its juice before the onset of the paroxysm. Drink hot water only and keep warm by putting on woolen clothes. Use tepid water to wash hands etc. Don't take a bath on the day a paroxysm is expected but use lemon in the aforesaid method three hours before the expected time of fever and one hour after it. Neither fever nor vomiting will ensue.

(2) Thus the fever having been checked or having subsided fruits should be taken in the following way—

Mix 20 to 22 raisins, lemon juice 60 grams in an admixture of black salt 15 grams, black pepper 3 grams and fried Zira 3 grams. Mix 20 grams of sugar too with this compound when the raisins are swollen; then after 15 minutes begin administering for raisins at every 5 to 7 minutes interval. This will improve the taste of the tongue, check the fever, suppress the activity of the bile and remove constipation

A patient with malarial fever sometimes requires to be put on starvation but chronic cases respond favourably if the toxins accumulated in the stomach are vomited out when fruits should be used in the following way:

The fever having been checked, the patient should be given half a pound of ripe papaya not more than four times a day; milk can also be allowed if the patient likes it. This scheme adopted for 3 to 4 days consecutively will see the malarial fever

off but recipe No. 1 should necessarily be used.

(3) Put 3 grams of lime stone in a cup made of china clay and pour the juice of a whole lemon on it. When the lime settles down the juice should be filtered and given to the patient an hour or more before the paroxysm of the fever; most probably the fever will subside on the very first day, otherwise a second or a third dose will positively put a stop to it. This recipe is equally useful for all sorts of malarial fever i. e. quotidian, tertian or quartan.

(4) Powdered black pepper, salt and roasted alum one gram each should be sprinkled upon two pieces of lemon and each given to the patient to suck at an interval of half an hour. It will stop all fever of the malarial group, be it quotidian, quartan or tertian, on the very first day of using it, otherwise a second dose taken the next day will definitely suffice. It is a highly effective and worth trying recipe for the cure of seasonal (malarial) fever.

TREATMENT OF BILIOUS FEVER

This fever is characterised by a sense of irritating agony. The patient feels extremely thirsty always and his lips and palate are all parched and dry; so much so, that even milk tastes bitter to him and he feels a distaste for everything whatsoever as the sense of taste is disturbed altogether. In such cases, the following treatment with fruits gives a very good response. Many of the patients grow too weak and they can also be made healthy through this tasteful recipe :—

Jam of Apples:—

Peel off fully ripe apples and take out the inner hard part of all of them. Grate the apple on a device made of tin.

An equal quantity of water should be kept on fire to boil and drop the grated apples in the boiling water. The same gets boiled within 3 to 4 minutes. Then drain the water immediately from the basin. Here care should be taken that the fruits are not overboiled and turned into a sort of loose paste.

Now take twice as much of crystalline sugar as the weight of unpeeled apples and prepare a syrup by adding half its weight of water to it. When the syrup is yet thin, the apples should be dropped into it and boiled for a little more time until it becomes somewhat viscous. Then it should be kept safe enclosed in a glass jug.

It should be noted that all syrups look thin when hot, so

the following method should be used to examine its viscosity. About six grams of the syrup should be taken out in a dish and examined on cooling. When it comes up to the desired standard, further heating should be stopped and the pan taken off the stove at once. Confectioners generally test this viscosity by means of their thumb and the index finger.

It should not be forgotten that jam should be prepared in a tinned pan with a similar frying spoon and a well tinned spoon should be employed to take it out when required.

This apple jam is a precious boon to patients suffering from bilious fever with its auxiliaries and is at the same time very tasty to eat.

The following fruit recipes too are highly beneficial to alleviate bilious fever:—

(1) Let the patient eat 25 grams of sweet pomegranate seed and 50 grams of grapes and drink Mosambi juice in place of water.

(2) Taking of the juice of sugar-cane too reduces bilious fever and extra heat by virtue of its being a diuretic.

(3) Drinking orange juice after mixing a little sugar and powdered cardamom (small) in it also alleviates this type of fever with its burning sensation and extraordinary thirst.

(4) Bilious fever is easily amenable to the use of a mixture of lemon juice 25 gm, sugar 25 gm. and a little powder of cardamom (big). Administered 3 to 4 times a day it flares up appetite and improves the taste of the mouth.

(5) Coconut water too acts like Nectar in cases of bilious fever and should be given frequently in small doses but should never be immediately followed by water. Water, however, may be allowed after a little while, if necessary.

(6) Nasty cases of bilious fever which do not respond to the use of any rectifying agents should be given a lb. of unripe water nuts thrice a day but water should not be given after it.

(7) Feeding the patient on bananas, and powdered cardamom (small) too sets the condition all right. Of the above given recipes No. 1 and No. 6 are tried once and No. 4 is also useful.

ERUPTIVE FEVER

The recipe of lemonade mentioned on coming pages is useful for all types of eruptive fevers viz-small pox, measles and scarlet fever and hence may be given in all these conditions.

DRYNESS OF LIPS IN FEVERS

When the lips of the patient become dry again and again on account of excessive thirst; glycerine mixed with an equal quantity of lemon juice should be painted on them to provide instantaneous relief.

APPLES IN FEVER

It is useful to feed a patient of fever on apple as it lessens the temperature and wards off fever. An apple or two given before the paroxysm of fever will prevent it, but it is necessary to see that the patient does not suffer from constipation.

EXCESSIVE THIRST

Excessive thirst is quenched by giving 35 grams of fresh juice of apple mixed with water. Similarly, the juice of pieces of an apple kept immersed in water for the whole night should be given mixed with the same amount of water to the patient the next morning in order to suppress excessive thirst.

TUBERCULOSIS

The usefulness of fruits is now no more a disputed fact as scientific researches have proved them to be endowed with all necessary body building elements. Fruits contain all elements that preserve, protect and detoxicate the system and even most obstinate diseases can be removed through their use.

Meat diet can never challenge fruit diet as far as the welfare of humanity is concerned. Meat diet is unnatural and harmful to human health while fruits provide real joy, purity and strength to the soul (Atma) of a person. Also fruits have got wonderful laxative alternative and invigorating properties which can rarely be founded in drugs that are mostly employed in the treatment of diseases. In view of this fact it is advisable to depend upon the use of fruits to combat the bodily defects rather than waste large amounts of money on medicines.

EXPERIMENT WITH CUSTARD

APPLE ON T. B.

The incident dates some twenty years back when I chanced to pay a visit to my younger brother's father-in-law's house at Gorakhpur. There they showed me a respectable tailor Namdev by name, who had been suffering from T. B. for nearly 2 years. This man had left all hopes of recovery since

he could not get a cure through treatment in Government Hospitals and private clinics at Nagpur and Jubbulpore and had come back to die in peace at home.

This patient who was nearly 60 years of age coughed out foul smelling sputum and was feeling very much perturbed and uneasy and wanted to take cold eatables to counteract the abnormal heat in the system. His temperature ranged high from 100 to 103 in the morning and 103 to 105 in the evening. He would get sticky perspiration early in the morning on his head and chest and passed deep yellow urine in a small quantity. His hair was falling rendering his head bald and he had grown so weak that he felt trouble even in getting up from the cot. He passed copious bad smelling stools of different colours while his appetite had vanished and he took no grain meal whatsoever. The glow of health was no more to be seen on his face and he suffered from stomatitis and oedematous feet. He was feeling markedly uneasy on account of heat which he vainly tried to alleviate through the use of cold applications on his belly. In short he was in great trouble but had great confidence in God, cherished good faith in myself and wore a cheerful countenance.

Seeing me he said, "Lalaji, you too are a Vaid and I am lucky enough to meet you through God's Grace. Kindly let me have some useful piece of advice which may prove to be helpful in my case if at all there remains some more period of life at my disposal, as I am quite desperate after treatment by allopathic physicians."

I noted his condition and assured him of a cure provided that the string of his life was still intact and strong.

"You shall have to subsist on fruits only", I said and enquired whether he could arrange for the desired quantity of fruits. He expressed his inability on the ground that, that was a village and that Jubbulpur was considerably far off from the place. That very moment a hawker passed by selling custard-apples which he was carrying in a basket. I am fond of custard-apples very much and hence calling him settled the whole basket of fruits for nearly two rupees only. I also asked him to bring fine custard apples to me every morning as long as I was there which he gladly promised and went away.

I gave some custard-apples to all those who were present there and asked the patient whether he too liked to enjoy them. He showed his willingness but added that physicians as well

as his family men disallowed him to take the fruit. I told him that he could take them without the fear of the least trouble and that one or two fruits would not do any harm if he liked to have them; on the contrary, he could only hope to get better results as custard apples could lessen the number of stools he passed very frequently and diminish the abnormal heat he was suffering from.

So I gave him one to eat but he would not have the fruit bought by me as he did not like to use on himself the money of a son-in-law. He gave me two rupees bit, took one custard apple from my hand and began eating it. He finished one whole fruit and told me that he liked it very much. I, observing his liking to have one more gave him a second one which again he enjoyed heartily and feeling satisfied said, "It was so cool and refreshing that I feel as if you have given me a nectarine fruit which would cure me" I reaffirmed his faith and begged leave of him saying that I would return that evening to inquire about the day's development while he could have rest for the time being.

And when I went there that evening he welcomed me joyfully and said that my medicine had displayed its merits the very first day and that he felt calm and happy throughout the day; the irritation of the bowels had considerably decreased and he passed only two stools during that day.

THE SYSTEMATIC USE (KALPA) OF CUSTARD-APPLE

I came to know the wonderful qualities of custard-apple from that time and hence reaffirmed his faith in the fruit in the absence of any other variety. So, I sent for the fruits every morning and choosing the better ones out of the lot for him advised to use them regularly in increasing number which he did for a fortnight and then he expressed a desire to have a grain meal. Then I allowed him to take soup of pulses like Mung etc. milk and bread made of wheat which was followed by Sitaphalasava. He continued the use of custard-apples even then. I had advised him to desist from the use of fresh water after taking the fruits which he could have 2 hours later. This scheme of treatment completely cured the disease within a month and a half. He is still alive and uses custard-apple in its season. I saw him last year when I again happened to pay a visit to the place.

I am glad to have gained an experience about the fruit from that patient and now I prepare a fermented liquor (Asava) from it in its season which I use on my T.B. patients with other medicines when they cannot use other fruits in the desired quantity. The recipe of fermented liquor (Sitaphalasava) is given below.

SITAPHALASAVA FOR T.B.

Take big and fully ripe custard-apples. Do away with their seeds and external peel to obtain 5 Kg. of its pulp. Boil this 5 Kg. of custard-apple (pulp) and one Kg. of seedless raisins in 25 Kg. of water in a tinned basin on slow fire. Filter when 10 Kg. of water is left. Mix 5 Kg. of powdered sugar-candy in the decoction and also the powder of cardamom seeds, cinnamon, Talispatra, Baibidang, Banslochan 40 grams each; long pepper, black pepper 20 grams each and Javitri, Jaiphal and ginger 10 grams each.

The whole should now be preserved in a china clay pot. The mouth of this pot should be sealed intact with a lid, the crevices being well secured with a mud plaster. It should then be kept in sun for a month whereafter the contents should be filtered and packed in bottles after mixing 1 Kg. of pure honey.

In the case of the above-mentioned patient this Asava was preserved for a fortnight only before administration.

Dosage:—10 to 20 grams mixed with 4 times as much water or milk to be taken morning and evening or after meals.

Uses:—This relieves sprue, cold, cough, pleurisy, haemoptysis, stomach disorders, chronic diarrhoea and loss of appetite. It builds up sound health through systematic daily use.

This is my confidential formula which I am publishing for the benefit of my readers with strong hope that they will prepare it in the season and be profitted by its merits.

Physicians while treating cases of pthisis should be keen about the dietary of the patient and as far as possible should induce him to follow the lines of naturopathy. Here I would like to cut this treatise short for want of space but any more enquiries about the subject are welcome at all times which should carry 50 P. postage stamps for a reply.

THE CUSTARD-APPLE: AN INTRODUCTION

Its plant is commonly found throughout India. It is 10 to 12 feet high. Its leaves are soft, long and oval in shape. The seeds resemble the colour of *Eugenia Jambolana* fruit and are stuffed in large numbers in the kernel and children like to play with them. Its kernel is very tasteful and refreshing to the heart, increases vitality and virility, relieves epistaxis and other sorts of haemorrhages, phthisis, cough etc. and is a bit heavy to digest. If used after meals, it soothes down the stimulation and feeling of warmth after meals. Its fruits, seeds, leaves, bark and roots are all employed for some purpose or the other. Ladies generally use the powder of the pulp of its seeds to kill lice. On account of its antibacterial properties the extracted oil of seeds is employed to dress wounds and to massage the head.

Its names in different languages:—

Sitaphal, Sharifa	(Hindi)
Sitaphal	(Bengali)
Sitaphal	(Marathi)
Sitaphal	(Telugu)
Kaz	(Persian)
Sharipha	(Arabic)
Sita Pazham	(Malayalam)

Properties ;—

Pharmacologists have described the following properties of the custard-apple:—

The custard apple refreshes and tones up the heart, exhilarates the mind, produces blood, is tasteful and cool, increases muscular strength, suppresses undue irritation, haemorrhage and nerve affections.

Its properties according to Ayurvedic theory:—

The custard-apple is sweet, cool and refreshing to the heart. It increases bodily tone and vigour, increases 'Vat' and 'Kaf' and suppresses 'pitta'.

According to the Ayurvedic theory, rejuvenating drugs which increase, maintain and feed basic vital agents like blood etc. prolong life, sharpen memory and build up radiant health are called Rasayans. The custard-apple too is in no way lacking in the above-mentioned properties which have been found to be present in abundance in the fruit though the modern scientists have not paid due attention to its usefulness. This fruit builds up muscles and tones up the heart by virtue

of its being rich in fat and protein elements. Moreover, it contains all those body-building elements which are found in any quality diet. Although it takes a longer time to digest on account of there being less water in it, yet it has been found to be very useful for the heart, brain and the nervous system due to the presence of adequate fat in it.

Even the poorest can afford to use this fruit which grows abundantly in the months of November and December. Fruits that ripen on the plant are better as regards their nutritional value than those ripened in straw.

METHOD OF KEEPING CUSTARD-APPLE IN STRAW

When the fruits are half-matured on the plants, they are plucked and secured in a heap of grain or straw after filling their crevices with lime paste and eaten when ripe. Fruits ripened in this way should be given to the T. B. patient in the absence of those ripened on the branch. The bigger the custard apple with bigger discs on it the better it is as regards its qualities and nutritional value

ANOTHER WONDERFUL FRUIT

Fruits serve as sincere friends who never betray and their rational use never endangers life. They stand by as sentinels of health and readily ward off diseases that may venture to disturb its equilibrium. This preventive effect is found in all fresh fruits.

Physicians advise the use of fruits in every disease, so much so that serious patients are kept exclusively on milk and fruits. Fruits provide the body with real and permanent vital nutrition very soon which is evident from the example of a healthy man who donated half a pound of blood for a patient but regained even greater tone within a week through the use of fruit juice and milk.

A RECIPE WORTH LACS

Somebody pointed out to a wealthy man that he was prone to an attack of T. B. as he had a general tendency to catch cold so frequently. This remark stuck fast to his heart. Once he had a nasty cold which did not flow as usual. By chance he met the same man who this time commented that non-flowing cold was even more dangerous than the flowing

one as that way the catarrhal flow collected in the lungs and produced preliminary symptoms of T. B.

Upon this the wealthy man consulted Vaidyas who prescribed medicines like Makaradhwaja and Mritsanjiwani which, to his great anxiety, retarded the catarrhal secretion all the more and caused constant headache. In grief and perplexity he then turned back to the country physicians of poor fame and asked them for medicines which might induce a flow of the retarded cold. One of them gave him powdered Kaiphal as snuff which produced in him such a great shock that he tumbled down. It gave him more anxiety than relief.

Another Vaidya gave him powdered Nakchhikni for the purpose which troubled him even more and although it induced a little flow yet it was not tatarrrhal fluid but a peculiar type of secretion which originated from the mucous membrane of his nostrils and eyes because of the irritation caused by the irritant snuff. He was thus very much perturbed and cursed his ill fate for coming under the treatment of those Vaidyas.

HOW THE DANGER OF T. B WAS REMOVED ?

It was the eleventh day of the disease when he came under my treatment. Very fine Allahabad guavas were very easily available in the bazar. I enquired about his Past history, liking etc. and felt his uneasiness. On my asking he said that his mouth watered at the sight of quality guavas those days but that Vaidyas forbade their use

There I remembered the Ayurvedic theory of 'Satmya' and thought out that as a spontaneous desire of eating this particular fruit had sprung up in the patient, it must prove beneficial in curing his disease. Hence I asked him to go to the bazar and fetch guavas five of which weighed 2 Kg. The patient brought the guavas. Oh ! How nice they looked ! The patient too was seeing them with eager eyes. The inner seeds of one of the guavas were extracted and the remaining pulp with the upper rind intact was given to the patient which he relished with much pleasure and enquired whether he could drink water. This too produced an insight in myself the patient was receiving nature's guidance that way; consequently, I sent for a glassful of water and asked him to close his nostrils and drink it.

I further advised him to repeat the practice after an hour again and report as regards his condition at 7 P. M. but strictly

forbade him to take any thing else.

Accordingly, he came that night and reported that the phlegm had become semi-liquid and he hoped that flow might start that night. He was feeling light, had passed a clear motion and asked whether or not he could take one more guava at night.

I directed him to do likewise but clearly impressed upon him that he should drink water after closing his nostrils always. I assured him that the turbulent phlegm would flow out leaving him better in every respect and bade him come the next morning.

The patient returned the next morning and reported that he had taken a guava at 8 P. M. the previous night. He also said that he could sleep with difficulty because of the cold, that the flow resumed as soon as he woke up in the morning, that he felt his head light and himself being better enquired if he could take more guavas that day.

He was given a guava in the same way at 1 P. M. His nose had become red owing to repeated wiping and it pained considerably. He was advised to drink a cup of hot water at 8 P. M. that evening after closing his nostrils and he did accordingly.

The next day flow still continued with unabated severity and on more inducement being thought necessary, he was advised to stop taking water after sunset, but instead to take 2 ounces of fine quality *Gur* that night before going to bed and that it should in no case be followed by water. He was required to come again the next morning.

The next morning he turned up again. The flow had stopped by that time and he wished to remain free from the danger of catching cold in future. He was made to understand that it mattered little if he suffered from cold once in a year or so and that he could avoid very frequent attacks of cold by adhering to the following rules:—

- (1) Always drink water after closing the nostrils.
- (2) Keep your ears well packed with cotton swabs.

The patient kept healthy ever after and got rid of the fear of suffering from T. B. He came to believe that treatment with fruits was worth lacs of rupees and that medicines worth a lac of rupees could not have perhaps done so much good as the fruit did.

COLOCYNTH FRUIT ON T. B.

Colocynth (Indrayan) is a kind of fruit. The people do not use it generally because of its bitter taste. However, goats and horses like it very much. It resembles watermelon in external appearance but is smaller in size. Unripe colocynth fruit is green but it turns yellow when fully ripe. It is very abundantly found in winter. It grows wild and hence is available free of cost. Its use on some patients of T. B. has been found to be beneficial.

Method of administration :—

Dig out the colocynth creeper including its roots in a quantity of 5 or 10 Kgs. Make it into a paste and put it in an earthenware vessel. The patient suffering from T. B. should then rub this paste over both of his hands and feet for about 15 minutes when, strangely enough, he will feel the bitter taste of colocynth in his mouth. Rubbing should be stopped at this stage and the hands and feet allowed to dry without washing or towelling them. Now four persons should be assigned to rub the hands and feet of the patient with dry cloth continuously for an hour. Each of these persons should take charge of one limb to himself. Care should be taken that all the four persons begin and stop rubbing at the same moment. This process continued for a fortnight without interruption cures completely the patient of T. B. advanced upto the second stage. This is a well-tried prescription and the Vaidyas should use it on poor patients for experiment and see the effects for themselves. I have used it on two patients recently.

The patients suffering from rheumatism should keep their hands and feet soaked in the paste for 3 hours. They do not need rubbing afterwards. The patients of syphilis can also use it in the same way.

A NEW FRUIT FOR TREATMENT OF TUBERCULOSIS

It was in March 1958 when an article was published in a medical magazine "Current Medical Practice" to the effect that pulmonary tuberculosis could be cured with a fruit named Rudanti. The writer of this article was an Allopathic physician, Dr. Krishna Murty, who had made the above statement on the basis of his clinical experience with some patients of T B. in the Nanavati Hospital, Bombay. This article was later published in The Times of India daily of Bombay and thus it got wide publicity. In the present age of wonderful antibiotic medicines, when the use of an indigenous herbal fruit in a crude form was recommended be no less a person than a qualified Allopathic doctor, it was but natural that the attention of the public at large and particularly that of Ayurvedic profession should be drawn towards it. Dr. Krishna Murty had used the powder of the fruit of Rudanti in 1 to 2 grams dose twice daily. He had treated some of his patients with this medicine for four to eighteen weeks. He reported that within that period, the temperature of the patients had become normal, cough had disappeared and body weight had increased by several pounds. He also said that the treated patients were kept under observation for 4—5 years and that none of them redeveloped any of the symptoms. The X-ray picture of the chest also remained normal all along.

Since then some of the vaidyas who tried this medicine on their own patients have fully confirmed the report of Dr. Krishna Murty. Vaidya Ratilal Harikishandas Goradia of Bombay writes that his wife was suffering from pulmonary tuberculosis. She was treated at the Talegaon Hospital of the Bombay State for five years but got only temporary relief. The disease flared up as soon as she came to live in the Bombay city. She was administered powdered bark of Rudanti fruit in 5 grain doses thrice daily. Within two months all the symptoms disappeared and she gained 7 pounds in weight. The dose of the medicine was then increased to 10 grains thrice

daily and the patient was greatly benefitted. Vaidya Ratilal H. Goradia also used this medicine on three other patients and the results were equally good.

DESCRIPTION:—

This fruit grows wild in the forests of South India particularly near Sirsi, Kumtha and Silasa. It is known as "Luti Kaya" by the people of that region. Its Latin name is "Caparis Mooni" the creeper is about 10—12 feet long and it grows on jungle trees. Its fruit resembles a small Bael fruit or a pomegranate in shape. The diameter of the fruit varies from $1\frac{1}{4}$ " to 10". Fresh fruits are green but they turn red when dried. Fruits give out a fragrance when cut. The pulp of fruits is studded with seeds like pomegranate seeds. The seeds of bigger fruits resemble those of papaya. According to Vaidya Ratilal Harkishandas, only the fruit bark is therapeutically effective.

It was finally left to Shri A. N. Namjoshi, Secretary, Board of Research in Ayurveda, Bombay to trace a description of this plant in Ayurvedic texts and the history of its use in tuberculosis. The account of Shri Namjoshi's investigations makes an interesting reading and is reproduced below in his own words.

First of all, I tried to investigate as to how the name "Rudanti" came to be coined for a fruit which has no resemblance to the well-known Ayurvedic Drug plant, Rudanti-Cressa Cretica, which is a herb and of which the fruits are insignificantly small.

The history of the study of the therapeutic properties of this plant goes back to the year 1937 when a quite unassuming homeopathic physician who is the grandson of a well-known Ayurvedic Pandit from Mangalore was clinically studying the therapeutic properties of several Ayurvedic Drugs mainly known in that region. He found that the fruits known as "Luti-Kai" in Karwar were very promising in his clinical experiments and pursued his trail with patience and perseverance. To him medical practice was a hobby, as he was actually serving in an Insurance Co. This young man had the qualities of a research worker. He was quite, contented, unassuming and always shy of publicity. He had a small practice and on those patients he was trying several Ayurvedic Drugs of Karwar.

This drug was till then not christened and even its Karwari synonym "Luti-Kai" was not known to the circle of his friends and colleagues. But slowly the success of his treatment began to be known and several people became more and more

inquisitive about his treatment of Pulmonary Tuberculosis. Years passed, decades passed and yet his Clinical study continued in a small way from 1937 to 1953, after which he was convinced about its therapeutic and especially anti-tubercular properties. But this set his friends and colleagues more and more interested in knowing the identity of the drug plant. To avoid their interrogations and pressures he showed them the fruit and gave it the false name "Rudanti" obviously to misguide people who were on his track.

The false name served its purpose. But the fruit was no more a secret, its source was disclosed by him so that the subsequent history of its publicity and commercial exploitation could not be stopped. Gentlemen, this is the history of the name "Rudanti". It is admittedly a false coined name and let us leave this controversy here.

It has been stated in certain articles on this subject that this is an Indian fruit not mentioned in the books of Ayurvedic Materia Medica. As a matter of fact, I have found that this fruit and its therapeutic properties have been mentioned in the Ayurvedic texts. Madanpal Nighantoo, for example, describes this in the following terms :

किङ्क किणी तुवरा तिक्ता, पित्तश्लेष्महरा हिमा ।

तत्फल वातल त्वाम, पक्व स्वादु त्रिदोत्रजित् ॥४३॥

Madanpal Nighantoo, Faladi Varga, meaning that "Kinkini" is Tuvara and Tikta in taste, Sheeta Veerya in quality and counteracts Pitta and Kapha. Its raw fruits promote Vata while its ripe fruits are sweet and cure the imbalance of the three Doshas Kapha, Pitta and Vata.

The term "Kinkini" is in my opinion suggestive of its source, the "Kaikini" forest of Karwar. This plant is abundantly growing wild in the Canara forest, especially in the Kaikini area. It also grows in the Konkan and on the ghats near Khandala.

"Kinkini" belongs to the family Capparidaceae in its Botanical classification. The name of the genus is Capparis and there are some 31 species belonging to this genus available in this country. Among these 31 species in Karwar, the name "Luti-Kai" is given to some two or three species of which Capparis horrida, Linn and Capparis Moonii, Wight are commonly used for therapeutic purposes in those parts. Among these two species, the Canaries experts are of the opinion that Capparis horrida, Linn is more efficacious. I have collected

both these and it is to be decided as to which of the two is more efficacious.

The Board of research in Ayurved, Bombay has started the micro-biological testing of the drug for its anti-tubercular properties and the clinical tests are now to begin. We have prepared one Rati (i. e. 2 grains) tablets of the fine powder of the fruit unadulterated and uncompounded with any other medicine for clinical trial.

N. B.—The tablets of Rudanti fruit and powder are available with The Rasayan Pharmacy, Delhi.

SPECIFIC DISEASES OF MEN 1

Fruits have got unique properties to tone up and vitalize the system. You know, monkey is in no way inferior to man as far as vigour and vitality are concerned. But strangely enough, it has neither used the so called Rasas or Bhasmas of any pharmacy or mixtures of any dispensary nor does he take any non-vegetarian diet. Notwithstanding all this it is far more stout and strong than we people who are apt to take to an unnatural way of life. The main clue to the strength of this vegetarian and fruit-eating animal is that it never violates the laws of nature or dissipates his vital fluid 'VIRYA' in vague luxuries like men.

Similarly, if we human beings do not disregard nature and its meritorious laws, we too are sure to attain perfect health that may make us heroes in the strife. Jats, Punjabis and Pathans who undertake physical strain subsisting on fruits are living examples of the truth of the above statement. Finally, only fruit-eating does not impart the desired strength to the body but a certain amount of physical labour, too, is a necessity to produce sound digestive capacity and faultless metabolism in its turn. Those who hate manual work can somehow attain a normal digestive tone but that cannot be permanent and ultimately they too have to suffer from indigestion and debility even though they subsist on a fruit diet.

This ill health can in no way be attributed to the use of fruits but to their own faulty ways of life. Our saints and sages of good old times used to do sufficient physical labour by ways of their daily routine viz. 'Pranayam', 'Dhyan', self-cooking and going out for alms which meant a considerable amount of bodily exercise whereas the gentry of modern times has succumbed to virtual destruction at the hands of idleness and luxuries.

So, here I say by way of information to seekers of faultless health through fruit eating, that it is fundamentally necessary for them to strictly abide by the rules of nature, i. e. to take regular physical exercise and observe strict 'Bramcharya'; as otherwise they would be disappointed in not being able to derive

the maximum benefit from fruit-eating, although primary good will be seen even then without a doubt.

There are various kinds of energies and consequently a wide range of difference exists between tonic recipes, too, but we find a general longing in men to increase their sexual vigour and hence I shall take up this topic in the following lines.

Fruits play a remarkable part in producing and promoting the basic elements of the body and they are endowed with a peculiar and remarkable quality in this respect but they should be made use of in a methodical way which a good many thinkers and specialists have termed as 'Kalpa'. Elsewhere in this volume I have described Amra-Kalpa as a means to gain strength which will be of interest to the readers of this book.

NECESSITY OF DIURETICS BEFORE SEXUAL TONICS

Those who want to enhance their sexual power should begin with taking fruits endowed with diuretic properties and such seasonal fruits as green cocoanut should be used freely for the purpose. Use of cocoanut water in 2 oz. doses 4 to 5 times a day for 2 days consecutively accelerates diuresis and sometimes serves as a laxative too. It is only then that the use of fruits which increases seminal fluid and tones up the body, will show its maximum benefit.

Melon is yet another diuretic and tonic fruit and a quarter kg. of it should be used for the purpose in summer and a piece of sugarcandy sucked after it. Daily use of melon 4 to 5 times a day causes profuse micturition and assists in increasing the quantity of semen in the body, but here it should be noted that the use of water is to be replaced by slightly sweetened milk.

Similarly palm fruit is also a good diuretic and the use of any of the above-mentioned fruits should precede that of vitalising and tonic ones.

In the following lines, I shall try to inform my readers in detail about the method of using these fruits.

RAISINS OR GRAPES AS SURE REGENERATING AGENTS OF SEXUAL VIGOUR

This 'Kalpa' which is carried on for a month or more is better suited for wealthy men or persons of the middle strata but such invalids as are totally confined to bed or suffer from

dyspepsia should not take up the scheme, as they would not generally find it beneficial for their condition.

While buying raisins for this purpose from the market two things should be kept in mind. Firstly, they should be black and secondly free from decay or weevil infection and freed from dirt and dust by washing well with tepid water. They should then be boiled with milk which will make them swollen and sweetened. Eating of such raisins should be followed by the use of milk.

On the first day, after proper use of diuretics, 30 grams of raisins should be taken in the evening with 6 ounces of milk; as for the dietary only milk and rice will do.

On the second day the patient should go out for a walk and then take raisins in the above mentioned way three times during the day viz. at 10 A. M., 3 P. M. and 7 P. M. If this exhibits more laxative effect than is desirable raisins should be washed with water and not boiled with milk as previously directed, and the use of auxiliaries like dry-dates, milk and rice or milk alone should be increased and continued until again a suitable time comes for the quantity of raisins to be increased.

Gradually the quantity of raisins may be increased to 50 grams per time. In case this shows a purgative effect, the milk which is taken after the raisins should be reformed by boiling it with 3 to 4 pieces of ginger in it and the quantity of such milk too should be decreased, fruit juice and fruits should be gradually adopted in the order described elsewhere in this book and proper attention paid to the Elementary Ethics with observance of 'Brahmacharya'.

This scheme promotes health and vitality and wards off spermatorrhoea, dyspepsia and lung debility. The patient feels its benefit within a month but he should regularly seek the advice of a physician as a guide to rectify any error that might creep in.

TREATMENT OF EXCESSIVE HEAT IN SEMINAL FLUID

Seminal fluid of certain persons is found to be charged with abnormal heat and consequently they suffer from premature ejaculation. The following line of treatment will be found to be exceptionally beneficial to such patients:—

ORANGE THE HEAT SUPPRESSOR

While using orange for this purpose one should undergo a sort of restrained fasting from normal food. It imparts extraordinary energy to the stomach and lessens unnecessary heat of the reproductory system but the scheme should be worked out with caution.

While keeping to a little normal but light diet the patient should begin taking the juice of 5 big and sweet oranges (one dose) thrice a day. The quantity of the juice taken at noon should be double of that taken in the morning or evening. Gradually the patient should subsist on oranges alone and leave all grain diet whatsoever; by and by the usual diet should be increased and the juice decreased; sweet tasteful fruits should be included in the diet. This scheme should be adopted for a month during the season of oranges.

MANGO THE PERFECT REJUVENATOR

The following is a very simple recipe that gives exceptional tone to the reproductory system:—

Take a fully ripe and sweet fibrous mango, squeeze out its juice and mix with it an equal amount of lotus honey (any pure honey can be used in place of lotus honey in case the latter is not available) Now this compound should be used in the following way:—

At first Shital Chini (Cubebs) powder should be taken with milk-lassi for three days prior to its use. Three grams of the powder of Shital Chini may be taken in the morning with milk to which an equal amount of water has been added. This should be followed by a glassful of water after an hour which will produce profuse micturition. This process of effecting a clear urination which flushes out the extra heat of the body is similar to the process of purgation which is meant to purge out of the bowels unnecessary faecal matter. Those who complain of passing yellow coloured urine without any definite symptoms of any specific disease find relief by using cubebs powder, the colour of the urine becoming white on the very first day of its use.

In the noon again a dose of "Shital Chini" powder should be taken with a glassful of water supplemented with one more glassful of water after an hour. This practice carried on for three days consecutively will make the system fit for the use

of a rejuvenating course.

The schedule of the 40 day's programme will run as under:—

Take 12 grams of mango juice and 10 grams of pure honey at 6 A. M. in the morning.

Take 12 grams of mango juice and 12 grams of milk at 9 A. M.

Take a little powdered ginger after dinner.

Take 12 grams of mango juice and 10 grams of pure honey at 2 P. M.

Take bread with 20 grams of mango juice and 25 grams of milk at 6 P. M. which should be followed by a small dose of powdered cuminseed with sugar.

The above scheme should be carried on for three days regularly; thence forward the quantity of grain-meal should be gradually diminished while that of mango juice is increased to 15 grams in place of 12 grams in the morning and noon but the quantity of honey should remain unaltered. 35 grams of the mango juice should be taken with supper in place of 25 grams.

The mango juice should then be taken in an increased quantity, say 25 grams in the morning and 25 grams in the evening after 6 days. The quantity of honey should also be increased to 15 grams with it and 50 grams of mango juice with milk should be taken with supper.

After 9 days, 35 grams of mango juice and 25 grams of honey should be taken in the morning and at noon. The dose to be taken at 9 A. M. should also be increased in the same proportion. Supper should now be reduced to a negligible quantity and 60 grams of mango juice should be taken mixed with an equal quantity of milk.

From the 12th day onwards 45 grams of mango juice should be taken with 30 grams of honey in the morning and noon. Now the evening meals should be totally stopped. Instead the quantity of mango juice should be increased to 70 grams. The quantity of milk should also be doubled in order to satisfy the hunger which must have increased very much by this time.

From the 15th day onwards, 60 grams of mango juice and 35 grams of honey should be taken morning and noon while dinner should be reduced to a small quantity. The quantity of the mango juice to be taken in the evening should be increased to 80 grams but not more than 100 grams of milk should

be taken with it. A little quantity of cuminseed mixed with sugar, should however, be taken daily.

From 18th to 22nd day 90 grams of mango juice and 50 grams of honey should be taken morning and noon while dinner should be totally abstained from. In the evening 90 grams of mango juice with 120 grams of milk should be taken.

From 23rd to 25th day the routine of the 16th day should be adopted and a little food should be taken in the morning which should however be increased gradually.

From 26th to 28th day 13th day's routine should be adopted.

From 29th to 31st day 10th day's routine should be carried on.

From 32nd to 34th day, 7th day's routine should be adopted

From 35th to 37th day, 4th day's menu should be taken.

From 38th to 40th day 1st and 2nd day's routine should be followed.

Thus this tonic and semen producing 'Kalpa' is completed in 40 days. The scheme is a simple one but holds a high place as regards its merits. It increases and tones up sexual energy, relieves impotency, reduces superfluous heat of the stomach (which is its unique feature) and turns lean and weak skeleton-like figures in to youthful and strong attractive youngmen. It tones up the stomach and those who occasionally suffer from constipation, headache, diarrhoea, dyspepsia etc. on account of fermentation in the bowels, are highly benefited by his scheme. This is very advantageous to those persons who have to do sedentary work for a great part of their time. The aforesaid 'Kalpa' relieves bad odour of the mouth, effects clear urination, wards off insomnia and induces sound sleep.

In my opinion every 'Kalpa' should be planned by an able physician who is capable of handling all eventualities intelligently.

It may be noted that some persons like to give various medicines like Vasant Kusumakar, 'Kam Manjri' etc. during 'KALPA' which impede the due functioning of the scheme and the desired effect of the Kalpa is lost in the action of the medicines which can better be taken at some other suitable time. Here it is important to note that the Kalpa treatment infuses the entire system with new life by rejuvenating the bodily organs and is a self-sufficient reliable measure in cases of extreme general debility due to any cause.

Tonic, Stimulating and tasteful**AMRA PAK**

Take 4 Kg. of the juice of sweet mangoes, one kg. of sugar candy, 250 grams of Ghce, 125 grams of powdered ginger, 50 grams of black pepper, 25 grams of long pepper and one kg. of water.

Mode of preparing :—

Mix all the above-mentioned articles in a tinned or earthen pot and place it on the fire to boil till the whole has become a little viscid. Then take the pot off the fire. Then mix thoroughly 10 grams powder of each of the following items in it while still hot and finally secure it in a china clay pot strong and big enough to hold it.

Names of the items to be mixed :—

Coriander seed (**Dhania**), Cumin seed (**Safed Zeera**), Plumbago Zylanica (**Chitrak**), Folia Malabathy (**Tejpat**), Cyprus Scariosus (**Nagarmotha**) Cardamom small (**Choti Ilachi**), black caraway seeds (**Kala Zira**), Piper root (**Pipla Mul**), Ceylon Iron wood (**Nagkeshar**), cinnamon, cloves and mace (**Javitri**). Those who don't mind it should also mixed with 100 grams of honey.

Dose :—10 to 50 grams, to be increased gradually to obtain better results. This should be taken with sweetened milk before meals. Although taking sweets after meals is a general practice yet according to the Ayurvedic theory, sweets are better if taken before food.

Advantages :—

Its use tones up general health as also the sexual power to a considerable degree. Those who repeatedly suffer from sprue should invariably use it in order to obtain excellent results. It also shows wonderful results in the elementary stage of T. B. and so also in cases of epistaxis and other haemorrhagic diseases on account of its cooling effect. Some chronic cases of asthma and gastritis too have responded favourably to its persistent and regular use. Those who suffer from anorexia and have lost taste for all sorts of foods will find it a fairly commendable thing for them.

MELON

It has to be used in a systematic way for twenty-one days only. In the beginning one may subsist on milk and rice but

afterwards nothing but melon should be taken and gradually the normal diet should be resumed while free use of fruits should also be continued.

Only the flesh of melon is to be taken which should be followed by sucking a piece of sugar candy. The user should begin with 120 grams of melon at a time and an increase in dose at the rate of 10 grams per day should be made for three days. The maximum dose should be maintained for two days more and afterwards it should be decreased in the same order. This process is also a sort of fast which should be concluded by taking fresh fruits or their juice. The names of fruits to be used will be mentioned in the following lines.

This way of treatment not only rectifies the defects of the seminal fluid but also cures diseases of kidneys.

USE OF FIGS

Figs may also be used beneficially like raisins and supplemented by fruits like almonds, dry dates etc along with butter. The use of figs to cure sexual weakness has proved to be much better and harmless as compared to that of raisins.

USE OF GULARS

The so called ordinary fruit can also be used like figs.

EUGENIA JAMBOLANA

This fruit is a specific for spermatorrhoea, diabetes mellitus and sex disabilities. Passing of sugar in urine is controlled within a week or so by it. About 200 grams of Jamun should be used four times daily for at least a fortnight and one grain of Lahori salt should be taken after it. This initial dose can be increased gradually to get rid of the nasty ailment and to gain vigour and vitality.

AMALKI RASAYAN

This formula has been designed most scientifically to potentiate each and every part of the human body. If the properties of Amla alone are taken up in detail it will make an enormous volume. In short, Amla is a suppressor of all the three Doshas and all elements necessary to impart energy to children, youngmen and old men alike are present in it. It is also a precious boon to ladies but our entire endeavour here is limited to its rejuvenating and curative properties and to show

how it could be made use of for this purpose.

THE RECIPE OF AMALKI RASAYAN

Take about 5 Kg. and 830 grams fully ripe good quality *Phyllanthus Embelica* fruits which are generally found to be fully matured in the month of February or March. Put these in a tinned sieve (Chhalni) placed on the mouth of a pot containing milk, placed on a slow fire so that the Amlas may get well boiled in steam. This being done, the inner stones should be separated out and the pulp spread out to dry in the shade in tinned basin and powdered when fully dried. Later the juice of another lot of fresh Amlas should be extracted and the powder treated with it in a stone mortar and pestle: this process should be continued until the whole of the juice is absorbed in the powder; this process is technically known as 'Bhawna'-in the Ayurvedic system. Fresh Amla juice should again be extracted in the same quantity and another 'Bhawna' should be given in the above-mentioned way. Finally the powder should be weighed and mixed with double the quantity of pure ghee (which should be prepared from butter) in a mortar and pestle and lastly with honey which should be equal to the weight of the whole of the Amla powder plus ghee and the whole should then be well secured in a glass jug. And there is the Amlaki Rasayan ready for use.

Those who do not take honey on religious grounds may use Syrup of Banafsha (**Leaves of Violet**) syrup of Nilopher (**Lotus**) syrup of Amla or one prepared from old Gur (**Jaggery**) in its place but the maximum good can only be expected from honey. The dose of this preparation is 20 grams. The patient should use nothing but milk while using it and this instruction should be followed rigidly. The use of this wonder drug may be continued most beneficially from **Makar Sankranti** to the end of **Chaitra** i. e. in February or March. This increase the digestive capacity and is quite a harmless preparation.

Some persons of more complex taste like to mix various Bhasmas with it but the main natural item in it AMLA which offers the maximum benefit.

USES :—It strengthens and tones up the system, promotes resistance against infections diseases and wards off all diseases of the body. Those who have been overwhelmed by old age in youth because of the weakness

of heart, brain, stomach and other bodily organs, caused by excessive and premature loss of the semen are strongly advised to use this preparation which is the best and most harmless Rasayan.

ANOTHER SIMILAR BUT MORE USEFUL RECIPE

The merits of this recipe have excelled that of the above-mentioned preparation of Amla and this is decidedly a better one. It claims my unflinching faith and here is the process of preparing it:—

Take a green and voluminous branch of Palash (Dawny branch butiya tree) 2 to 3 feet in length. At one end of it make a circular hole of about 2 inches diameter. Now this hole should be filled with ripe *Phyllanthus Embelica* fruits and the outlet sealed with a stopper made of a green dawny branch of butiya wood. This stump should then be wrapped up with green Palash leaves and bandaged with ropes made of grass (Darbh) and the packing finally finished with a plaster of 2" thick mud secured from under the roots of lotus plants and the coated stump dried in the sun. This done, the stump should be kept in a heap of 15 to 30 kg. of cowdungcakes kept at a place protected from direct wind by erecting a barricade all round it and the cakes should then be set fire to. The *Phyllanthus Embelica* (Amla) fruits get desirably cooked in this fire within 2 to 8 hours. When the Amlas are thus fully cooked, their inner stone should be separated out and the upper flesh mixed with an equal quantity of pure ghee and an equal quantity of honey. Those who dislike honey for strictly religious reasons can prepare the Rasayan in the aforesaid manner with other things like syrup *Banafsha* (*Viola odorata*) etc. The medicine when ready should be stored in a glass or china clay jug, the inside of which should be besmeared with ghee prior to filling.

The dosage should be fixed like the first recipe of *Amalki Rasayan*. It is better to use it up to 30 grams or more initially and afterwards increase and adjust the dosage according to the requirement and assimilating capacity of the patient. The high dosage indicated in the original texts was designed for the more powerful men of those times; the weaker men of today should not be misguided by it but should use it in a dose benefiting their own capacity and condition,

When the preparation is fully assimilated, the user should

take boiled cow's milk or warm water. Taking cold water to quench thirst is strictly forbidden.

USES AND INDICATION:—

Had you not prepared is here in this world, it could have been termed a 'Divine Nectar'. It furnishes the lean and the weak with tremendous strength and vigour, rejuvenates the rundown condition of the system, makes the body glow and adorns it with wonderful health and vitality. When used according to KAYAKALPA method, it affords its fullest advantage.

Another method of preparing AMALKI RASAYAN WITH VIDARIKAND

I have tried this recipe a number of times and found it very useful. It is surely better than those mentioned before. It never disappoints the user if administered according to KAYAKALPA method after proper cleansing of the inner body by way of PANCH KARMA. (Panch Karma is an Ayurvedic term meaning systematic purging of the whole system through vomiting etc.)

THE RECIPE

Specific for blood impurities and Impotency

Take a big and fresh Vidarikand (*Ipomoea Digitata*) and cut a round piece (about three inches in diameter) from above it. Then take out the inner flesh to a depth of 3 inches. Squeeze out the juice of the extracted flesh of the Vidarikand and keep it aside safe in a tinned basin. Now fill the hollow space of Vidarikand with ripe *Phyllanthus Embelica* fruits and pour the juice also into the hollow. Seal the opening with the 3 inches round disc cut in the beginning, then pack finally with Darbh (Sacred Kusa grass.) and mud got from under the lotus plants as described in the previous recipe and prepare the Rasayan in the same way. Mix the same proportion of ghee and honey and store in a suitable glass or china clay basin the inside of which is besmeared with ghee prior to filling.

Dosage and uses :—

Twenty to 60 grams according to the inside of which is digesting capacity. When used under KAYA KALPA routine it supersedes all other prescriptions in efficacy. All wrinkles and grey hair vanish and a youthful freshness pervades the old debilitated structure. It is no less than a boon to impo-

tents, invalids and those suffering from loss of energy. One highly commends its amazing qualities after persistent use. In every respect it is a recipe worth giving a trial.

JAM OF AMLA : THE THOROUGH REJUVENATOR

The mode of preparation of this cheap but readily working recipe is given elsewhere in this treatise. This is used as a vehicle too for various medicines employed in a number of diseases and its qualities are widely known to the public in general. It also proves fairly advantageous in spermatorrhoea cases; milk should follow its use.

AMLA PAK OR CHYAVANPRASH (Junior)

Boil 500 ripe Amlas (*Phyllanthus Embelica*) on a slow fire in an earthen pitcher with 9 Kg. of milk and 9 Kg. of water. When a quarter of this mixture is left in the pot it should be taken away from the fire. Now tie a strong but coarse piece of Khadi cloth on a tinned basin and rub the Amlas on it so that the finer part is strained into the pot through the cloth; this should then be fried in 300 grams of ghee on slow fire.!

Prepare a syrup of 6 kg. of sugar. When ready, put the prepared Amla paste in it and stir for a little time. Then finally mix a fine powder of Pipal (Long pepper) 40 grams, Banslochan (The Silicious Concretion) 160 grams, cardamom small 20 grams and Sandal wood 10 grams in a tinned basin; when cool. Store in a glass jug the inside of which is besmeared with ghee. So here is Chyavanprash (Junior) ready for use having an attractive colour, palatable taste and a fine fragrance; it can also be termed 'Amla pak' and it is very efficacious as regards its qualities.

Dosage:—20 to thirty grams twice daily, with 100 to 200 grams of boiled cow's milk taken at an interval of half an hour after its use. Every family-man can easily prepare it and be benefited by its qualities which are briefly summed up as follows:—

It is a fine producer of the seminal fluid and stimulator of the vital sexual power. The weakness which is felt after the conjugal act can easily be warded off through its use with milk half an hour after the intercourse. It suppresses wind (Vat) owing to its being sweet and sourish, allays the irritation of the bile (pitta) owing to its being a bit sweet and cool, and

diminishes phlegm (Kaf) owing to its being metallic in taste. Thus it checks all the three Doshas of the body and provides energy to children, pregnant ladies and the young and the old alike. So being a true companion in every walk of life it is also called 'Jiwan'.

It is a laxative and stomachic Rasayan which tones up all vital organs of digestion, relieves epistaxis bleeding haemorrhoids, consumption and helps the fair sex considerably by relieving leucorrhoea etc; it is a nectarine product for patients of acute impotency and debilitated ones and it transforms the very outlook of life of those who have turned untimely senile.

Twenty grams of it should be taken in the morning followed by boiled cow's milk after an hour. Normal diet may be taken when one feels hungry; this way it is very easily digested and imparts fresh energy and new life to the bodily organs and the digestive system restores youthful vigour and enthusiasm in nervous persons who have lost love for sexual contacts.

Now I am taking up the treatment of loss of manly vigour, lack of strength and impotency due to the bankruptcy of the vital fluid in the system; readers will here find a successful treatment with fruits of different types of debilities which, of course, is discussed in brief to economise space.

Measures to be adopted in post-intercourse weakness.

- (1) Take Chyavanprash or Chyavanprash (Junior).
- (2) Take dry dates boiled in milk followed by the milk itself.
- (3) Take AMLA PAK (mode of preparing it has been given elsewhere in this book)

Most commonly one encounters anaemia due to the deficiency of iron element in the system which turns the body yellowish pale. In case overindulgence in sexual intercourse is the predisposing cause, one should rigidly observe Brahmacharya, which literally means strict restraint. If the patient has turned anaemic due to untimely eating of or over or under ingestion of food, the relative factor should carefully be attended to and rectified.

Fruits that promote health and make up the deficiency of iron elements in the system are :—

Aru (**Peach**), pomegranate, tamarind, guava, *Eugenia Jambolana* Karonda (**Bengal Currants**), dry grapes, fresh dry dates, figs, *Makoya (Solanum Nigrum)* and oranges. These should be used according to the requirements and the nature of the patient.

Debility of the nervous system :—

Deficiency of the phosphorus element in the system produces debility of the nervous centres and the cure lies in providing it.

The following fruits are specially rich in phosphorus contents :—

Apples, bananas, Makoya (**Solanum Nigrum**) grapes, figs, dates, guava, jacks fruit; Karonda (**Bengal Currants**), Lemon, Lokat (**Loquat**), green and ripe mangoes, orange, Aru (**Peach**), pears, Alucha (**Common Plum**), Pomegranate, Chakotra (**Pomela or Shaddock of west Indies**) Singri, dry grapes, tomato, Kaith (**Elephant Apple**), tamarind and palms.

IMPOTENCY

Loss of sexual energy is due to the weakness of the vital organs and impotency to the gravest type of collective inability of all the vital organs of the body to perform their usual functions. To remedy the defect generally Vaidyas, Hakims and Doctors use the most artificial, irritant and stimulant medicines which do more harm than good to the patient.

The secret of radiant youth lies in pure, natural and haematinic diet, normal working capacity of the heart, brain, stomach, liver, kidneys etc. and so, unless a standard and nutritive diet is taken and necessary tone is restored to the vital organs, it is impossible to get salvation from impotency. Stomach and the liver play an important role in this respect.

No medicine however rejuvenating, can succeed in removing impotency until the stomach is fit to fully digest and assimilate it and the liver helps to transform it into rich and fresh blood. It is thus evident that only that remedy which furnishes extraordinary tone to the stomach and the liver can transform a truly vitalizing diet into body building cells and generate fresh and potent blood which in turn stimulates the function of the semen-producing organs of the body. In addition to the stomach and the liver, medicines and dietary that go to invigorate the heart, brain, kidneys and the muscles can remove impotency.

Dry fruits serve as a diet as well as a medicine and consequently hold an important place side by side with the rejuvenating and stimulating medicines.

Kernels of dry fruits vitalize the brain and kidneys and

hence produce great sexual power. Persons whose heart and kidneys are responsible for a weak reproductive system are sure to achieve most desirable benefit from the use of Almonds, Chilghozas, Pistachio, Walnut (Akhrot) apricot and Findaq amongst dry fruits, and good quality mangoes, grapes, apples, Jamun, Aru and bananas amongst fresh fruits.

ALMONDS

As already stated, almonds are exceptionally beneficial for toning up the brain and vitalizing the body.

It is also of considerable advantage in providing the reproductory system with the fundamental stimulus and hence should be used in accordance with various methods described in the chapter relating to brain disabilities. Those preparations have been found to be very effective in increasing the sexual power too in addition to being beneficial for a weak heart and brain.

Those who feel no pleasure in conjugal acts should make regular use of almonds as the defect is primarily related to the weakness of the brain. Kernels of dry fruits have the property of strengthening brain faculties and making the body stout and strong. Similarly those who don't get even erection when necessary on account of nervous debility will be immensely benefited by the use of almonds.

Chewing an equal quantity of almonds kernels and roasted grams provides immeasurable tone to sexual strength and so does chewing of almond kernels, ginger, roasted grams, black pepper and sugar candy every morning and evening. This may better be supplemented with milk after it.

Taking almond kernels, sugar candy and butter early in the morning according to the digestive capacity strengthens the brain, heart and the body in general fairly well which in its turn is highly beneficial for sexual vigour.

Chewing Chilgozas and sugar too is positively advisable but excess of dry fruit kernels disturbs digestion in the stomach, so those who possess a defective digestive system should particularly observe great prudence and care when using dry fruits.

Almond kernel should never be taken without peeling off its thin outer coating.

FRUITS VERSUS SEX VIGOUR

Sweet quality mangoes, Aru, bananas, apples, grapes and

dry dates are good as rejuvenators of the human system and should be freely used in their respective seasons.

MANGOES

Sour mangoes and those having fibres in their flesh do more harm than good. Similarly they exert an unfavourably hot effect upon the system until the rainy season sets in, and although this bad effect lessens a little there-after yet these varieties of mangoes should be used with restraint by those having a bilious nature. Excessive use of such mangoes may produce boils, pimples and various eye affections, but taking milk lassi after them helps to avoid all these adverse effects.

Use of Jamuns after eating mangoes is advantageous as the former neutralizes the evil effects of the mango and increases its good qualities. Persons having a bilious nature usually find Jamun to be exceptionally beneficial. This is no less useful for those who suffer from deficient erection or premature ejaculation on account of liver weakness. It tones up the liver and produces more blood in the system but its excessive use causes constipation and some times even cholera like symptoms.

ARU (PEACH)

Aru produces a cold and moist effect in the third stage of assimilation (Vipak) and hence is harmful to persons having a phlegmatic nature, but is beneficial to those with a bilious nature. This fruit is full of nutritive elements but the nutrition that it does supply is of an inferior and heterogeneous quality.

Take 10 to 12 Arus daily. It enhances appetite and bodily strength and is a nice fruit for the weak and convalescents. In addition Aru removes bilious and blood disorders, but its use is harmful to persons having a phlegmatic nature.

BANANA

It specially increases the sexual vigour of persons having a bilious nature and fattens the body, but its use on empty stomach proves harmful, while it provides extra assistance to the digestive power, if used after meals. Excessive use of banana may give rise to ailments like constipation, flatulence etc which are set right by taking a little uncooked rice after it. Chewing 2 to 4 grams of uncooked rice removes all fear of any untoward after-effects.

APPLE

Apple tones up the heart, brain, liver and all vital organs of the body in general and though a bit constipative, yet it suits persons of every nature.

GRAPES

Grape is a haematinic fruit which gives the body a laxative and tonic effect.

DRY DATES

It is a fine rejuvenator rich in a body building elements. It tones up and fattens the body and produces more blood but this blood is not so pure and hence it should be used with such things as might rectify this defect. Notwithstanding this it increase the quantity of the seminal fluid and the sexual power of the body. The marmalade of dry dates which has been described in the chapter on almonds is a good nourishing food but those who cannot prepare and use it can very well use the fruit in the following way. Dry dates or Khurma, as it is called in Persian, exerts a hot effect upon the system and hence should be used with caution in summer.

A WONDERFUL TONIC MILK

Immerse 2 to 4 dates in water in an earthen pot for the whole night. They will get swollen by the next morning. Then remove their stones and boil the remaining part in 500 grams of milk. If eating those cooked dates does not produce any hot effect upon the system the same may be taken followed by milk, otherwise only the milk should be taken. It is a first class tonic to produce more vital fluid in the body.

KHAMIRAH (LINCTUS) BADAM

It shows wonderful effect as a tonic-stimulant to the vital sex energy of man and those complaining of deficient erection at the time of the intercourse are very well benefited by this preparation which has proved to be exceptionally effective in toning up the brain, body and its vital organs and producing glamorous and covetable health.

The following tasteful and flavorful preparation which can also be used as a breakfast shows satisfactory results within 2 months.

Recipe ;—

Grind 120 grams of peeled almond kernels in water, mix 900 grams of sugar candy and boil the mixture to make a sort of linctus, then add 25 silver sheets (Warq Chandi), yolk of 25 eggs and necessary amount of Arq-Kewra to make it fragrant. It is a tasteful brain nourisher which can be used as a breakfast and its use in 20 to 45 grams dose morning and evening followed by hot milk ensures production of more semen and manly vigour.

It is better to mix honey in milk rather than sugar candy to sweeten it.

A SURE REJUVENATOR

Tonic diets hold higher importance than medicines in rejuvenating and dry fruit kernels are superior to eggs in this respect. Mangoes too are in no way inferior to anything else; some hold it to be more effective than eggs even and it is my considered advice to those in search of sexual vigour to make use of fresh mango juice mixed with milk. The quantity of this juice and milk can be increased according to necessity.

The following recipe is marvellous in toning up the vital energy and increasing semen and blood and turning pale face into a rosy glowing one.

THE RECIPE

Taking the juice of sweet mangoes mixed with honey provides so much stimulus to even the most hopeless cases that it practically becomes impossible for them to withhold the desire to fulfil the sexual impulse, and the rundown and peevish persons sturdy and strong within a few days.

THE FRUIT THAT PRODUCES SEMEN

This blood and semen producing fruit is the fruit of Banyan tree which can be had so easily and almost free of charge and yet it can challenge even the costliest medicines and fruits in respect of its wonderful qualities.

Collect the red and fully ripe fruit of Banyan tree from the branches. Never use those which have fallen on the ground by themselves or have ever been in contact with iron. Spread them to dry on a piece of cloth somewhere in an airy shed or they will become useless. Now rub them into a fine powder

with the help of a stone mortar or by hand manipulation and keep carefully after mixing an equal quantity of sugar.

Dosage :—Six grams to be taken in morning and evening with a little warmed milk. It makes the complexion rosy like the fruits themselves and is an unfailing remedy for premature ejaculation. This is surely a better one than medicines worth hundreds of rupees. Moreover, it enables the semen to impregnate the women by the production of spermatozoa in it. Couples who have weak issues on account of the weakness of the semen should use the wonderful fruit for three to four months and certainly they will be blessed with a fair complexioned male child in eighty percent of cases. Such are its qualities which have been well tried time and again.

ANOTHER SPECIFIC

In the first week of the year 1936 when I was in Lahore Khan Mian Hakimuddin related to me a good many interesting anecdotes of which one runs as follows :—

He said, "I came to know about a friend of mine who was in love with a beautiful girl but suffered great shame on account of his own weakness which he concealed from every one. I had read in some medical books that Chilghoza is endowed with the qualities to make the impotent ones youthful and loveable again, and hence I made up my mind to make an experiment on my disappointed friend. So, I called him one day and during the conversation assured him that I would arrange to get him out of the trouble and would not let the secret out to any body. Obviously he was very much satisfied and enquired about the remedy. I advised him to take a handful of quality Chilghozas morning and evening first and promised to suggest the second medicine afterwards. Accordingly he began to use Chilghozas and thought it to be the primary medicine."

On his second visit after a month, he asked me about the next medicine which I had promised him. On casting an investigating eye upon him I found that his condition had changed altogether. The impotent had totally changed into a charming young man and though I had understood the situation beforehand yet for the sake of his satisfaction I thought it appropriate to ask him whether he still needed any medicine at all ? He smilingly answered in the negative, saying "The other medicine will perhaps provide me

with still more strength". I then informed him that there was no second medicine to be suggested to him and advised him to continue it for another fortnight or so if necessary, which would be enough for one full year. Thus he was really every much astonished to be acquainted with the wonderful qualities of this dry fruit.

Later, more persons were treated with the fruit and all of them reported its commendable qualities.

A STIMULATIVE FRUIT

(One that removes Impotency and produces extraordinary erection)

The fruit is found near Colombo in Ceylon where they call it 'ZERBAD'. It also grows in Burma where its popular name is 'DURYAN'. This fruit resembles 'Sarda' or melon in shape and size. Outwardly it gives out a nauseating smell but it is very tasty and sweet within. Its leaves look like those of the Jack tree and the upper crust of the fruit is hard, rather harder than even that of the Jack fruit. Moreover, it has got stones too similar to that of the Jack fruit and every fruit has sharp points. The kernel inside is divided into 3 to 8 layers which are further sub-divided into 1 to 5 apartments, each one of which has got a triangular stone in it which too resembles that of a Jack fruit.

Dosage:—One may begin by taking 50 grams of its kernel and increase the quantity by degrees. Beware not to use too much of it at a time from the very beginning to enjoy its agreeable taste or in the anxiety to get greater benefit sooner. This indiscriminate haste may produce undesirable consequences.

Merits:—Medicines which are generally administered to eradicate impotency, do so by providing tone to the vital organs such as brain, heart, stomach etc. yet one feels it necessary to make use of some external application to remove the weakness of the penis; but this fruit has got unique properties of exerting a direct effect upon the reproductory system which sometimes produces so much stimulus by way of erection that the user becomes impatient for 'intercourse'. Evidently one can realize its actual value only after using it. Yet it is a proved fact that the said fruit completely removes the inner as well as outer debilities of the sex organ in no time and serves the purposes of both an orally administered medicine and an

outer application.

A FRUIT THAT REMOVES SPERMATORROEA

I am talking of good old days and though I have witnessed a lot of changes ever since, yet the incident is as fresh in my memory as if it had happened but yesterday. I was a student of a junior class those days when one day as I was on my way home from school at 4 P. M., I came across 20 to 25 men who were conversing in the following way.

One of them said "There is no Hakim or Vaidya in this city. I have spent a lot of money during the past seven years yet to no effect. Even Dr. Ramanand's medicine has proved futile." All the other persons talked in the same way and I was silently listening. On my asking they asked me to go my way as it was useless for school children to be interested in such talks. On my further insistence they retorted again that that was not school-lesson but a serious description of a grave disease, but even then I insisted upon knowing the exact nature of the trouble. Thereupon a person standing nearby uttered a few words in his own rustic language. I at once understood his reference and said, "You mean, he is suffering from spermatorrhea" whereupon he was rather astonished to know that I had a fair knowledge of the disease. I then rebuked them for making bad remarks on the local physicians pointing out that Tunde Mian was surely an able physician.

He disclosed that he had used his medicine for two full months but to no avail. A Sanyasi suggested Tin oxide with Mercury (Bang Bhasm Pare wali), plain Mrigank 2 grains, Coral Oxide (**Prawal Bhasma**) 2 grains and **Mukta Shukti Bhasma** 2 grains with cream of cow's milk and advised to take bread made of grams only which produced constipation with the result that ailment got worse. Another Hakim gave him a laxative dose first and subsequently prescribed the grand recipe with **Musli Safed**, Tin Oxide and **Isabgol** which resulted in disorders of his digestive system culminating in dysentery whereupon this too was discontinued. Babul leaves did a little good but he began to feel dizzy on account of their side effects.

I heard his story patiently and enquired whether he was ready to stick to my dictates and directions and assured him that if he did so I could manage to get him rid of the nasty

trouble. He replied that I was merely a school-boy and that I was not supposed to know anything regarding diseases and their treatment. But I satisfied him by saying that it was just useless for him to bother his head about all that as he was only in need of the necessary medicine which I was in a position to give. So saying I invited him to accompany me where-upon he and a few others came with me.

When we came out of the city bounds, they enquired me as to where I was leading them to and I replied that I was going to Boria my village but would give them the medicine just on the way.

The company garden was situated a mile off from the city. Having reached there I pointed towards the ripe fruits of a tree and asked him to make it his daily routine to go there in the morning and evening, pluck 20 or 21 fruits and eat them, Pepper and sour items were to be refrained from during this period. I further assured him that in case he carried out my instructions he would be completely relieved of the ailment.

The patient believed my assurance and did likewise. Some times he happened to meet me on my way back from school and would tell that he had never come across such a treatment all through his life time—a treatment which had stopped the wastage of the semen the very first day, relieved the abnormal heat of the bladder, made the heart palpitation normal and had improved the viscosity of his semen to the desired extent.

He met me last a few days back after a long span of 21 years and on my questioning about the recurrence of the disease replied that he had never had an attack after that, that he had suggested the same fruit to a chronic case of night pollution and that the man was totally cured.

Well my dear readers !you must be a bit impatient to know the name of the fruit by now ! it is Lahsura (**Sebestem plum**) which is also called **Sipistan**. There are two varieties of the fruit viz. the small and the big. I have hitherto experimented on the qualities of the bigger one only.

(Soni)

FEMALE DISEASES

Digesting power and tone of the intestines, in most women, who idle away their time in ease and comfort are lost. The liver gets sluggish and the bowels constipated resulting in accumulation of undigested substance in the stomach which in its turn produces fermentation in the system causing agonising pain in the body.

There is all along a feeling of heaviness and aching in the head and limbs and a sense of drowsiness pervades the body. All these troubles are relived by the use of fruits.

Women suffering from such ailments, should be given fruit in a substantial quantity for a week or so and frequent use of water advised. This will eliminate the whole undigested matter, open the bowels and leave the patient O. K.

DISORDERS IN MONTHLY COURSE

If a woman does not have her periods at regular monthly intervals, she should take grape juice which will serve her as a tonic and the desired regularity in monthly course will ensure.

AMENORRHOEA

The use in digestible quantity of a compound of almond kernels 50 grams: green raisins 120 grams, cocoanut kernel 80 grams and 8 dates (dry) sets right the defect.

FOR PREGNANT WOMEN

Pregnant ladies will never feel a sense of giddiness or faintness, pain, toothache, tenesmus, tympanites, dropsy or constipation and will give birth to a healthy child, provided they use an ample quantity of grape juice regularly.

A frequent and continuous use of grape juice, vinegar or raisins is highly beneficial to pregnant women.

CHILD BIRTH

Grape juice displays wonderful effect when a considerable

amount of blood is lost in delivery cases. Grapes contain iron elements and hence produce red blood cells in the body. Grapes are also a specific for all anaemia cases. They are even more effective than patent tonics which are generally used in such conditions.

The secret of the birth of beautiful off spring :—

Supplying a good quantity of oranges to the pregnant lady just the secret of the birth of bonny babies and is worth giving a trial.

EASY DELIVERY

Pregnant woman should begin taking 6 grams of almond oil every morning just in the begining of the ninth month and should continue the practice till the day of the child birth, and it is absolutely certain that she won't feel abnormal pain during delivery.

WOMEN SHOULD ABIDE BY THE DICTATES OF NATURE

Women are generally very delicate by nature and hence nature helps them in its own way. An unhealthy woman can attain normal health very soon if she adheres to the laws of nature. Ladies have from time immemorial, been fond of two things — flowers and fruits, and although I cannot exactly locate the cause of this natural liking of theirs, yet I can very well stress that by the desirable and rational use of these very things they can get rid of all diseases and have perfect health. I shall in the following lines, describe the treatment of some of the common diseases through fruits.

Women are mostly found to be suffering from constipation and seem to be ignoring it and are thus entangled in dangerous diseases. It is my definite opinion that hysteria is primarily the result of chronic constipation. This disease can be conquered very easily if their bowels could be kept clean together with their minds. Chronic constipation invariably leads to graver consequences which become equally chronic and hence more trouble some. Physicians generally don't care to explore the real causative factor and labour in vain to exterminate the outward symptoms of the diseases, and that is the reason why patients don't enjoy a complete and permanent cure. An able physician should, as a rule, pay proper attention to the root cause of the disease and its complications.

SUCCESSFUL TREATMENT OF CONSTIPATION

~~Put~~ 10 to 12 raisins in a lb. of milk. Give the Patient those raisins to eat followed by the milk itself. It may be noted that black and unrotten raisins are used for the purpose.

2—The food should consist mainly of vegetables. Rice and pulses should be totally disallowed. Marmalade made of *Phyllanthus Embelica* and curry made of papaya or grapes should be given in a tasteful form. Guava can also be allowed Cabbage is also anti-constipative.

3—Sweet and ripe grapes or papaya should be given after it. The use of the above can also be supplemented by turnips.

4—The dinner should consist of gruel (*Dalia*), Palak in the form of curry, **chaat** of pears and figs.

5—Two ripe bananas and one guava at night would be found beneficial. Banana alone may produce constipation but with guava it ensures a clear motion the next morning. Men of ordinary means who cannot afford to spend much on grapes etc. can very well be profited by the use of pears, guava, banana, custard apple and papaya.

A concise account of the treatment of female diseases with fruits is given in the following lines.

FRUIT SPECIFICS FOR LEUCORRHOEA

This is a common disease of women which makes their bodies altogether weak and worthless. Its main cause lies in irregular and restraintless way of living; its complete cure lies in relieving constipation, observance of 'Brahmacharya' in the first instance and then using the following fruits according to the instructions given below :—

1—120 grams of banana kernel rubbed into a fine paste should be mixed with 3 grams of fine powder of **Pathani Lodh** and taken with milk for three to four weeks. The genitals should be kept aseptic by washing them with a decoction of **Triphala** and a definite improvement in leucorrhoea is seen early through this scheme.

2—Ripe Beal alone taken in 60 grams dose three to four times a day cures leucorrhoea. Rice and pulses should not be taken during the period of its use.

3—Jam of apples or a marmalade or jelly of *Phyllanthus Embelica* together with a silver leaf relieves leucorrhoea very soon.

4—Take 4 dry dates, separate their stones and put in 5 drops of the milky juice of Banyan tree with 4 grains of Jaiphal in each one of them. Then boil in milk after tying them with thread. Rub them into a fine paste after boiling; then lick the whole and take 55 grams of milk after it. The patient should take it four times a day viz; morning, noon, afternoon and night. She should take fruits and no sweets at all this period. Observance of perfect restraint and washing genitals with 'Triphala' water should also be practised as already advised. This scheme of treatment is well suited for the cure of leucorrhoea.

5—If the complexion of a woman has turned pale and unattractive on account of the constant flowing of a watery fluid from her vagina and dyspepsia, tympanites or constipation results, she will be greatly benefited by the use of a spoonful of grape juice morning and evening.

HYSTERIA

Grape juice shows marvellous effect in this disease too.

MENORRHAGIA AND ITS SUCCESSFUL TREATMENT

Monthly discharge in women continues for a longer period and occurs irregularly in this disease. As the flow contains a large proportion of blood, the patient begins to grow weak. Treatment with fruits is best suited for this defect.

1—The patient should take ripe bananas in 500 grams quantity with some cardamoms the whole day and should desist from taking heavy and fried items of food.

2—Drinking cocoanut or palm water and keeping a piece of cloth saturated with alum lotion in the genitals prove very effective.

3—The use of the jam of *Phyllanthus Embelica* tones up the heart and stops haemorrhage. The patient should, at the same time, suck the juice of sweet pomegranate seeds at noon, use unripe Kaseru or waterchestnut as diet, take cold bath, drink cold water, take simple food containing Ghee and should desist from taking any highly spiced irritant food material.

4—She should suck sugar-cane juice or take Falsa. Some suggest syrup of Falsa but I don't think it advisable as the syrup may create and increase element of wind (*vayu*)

resulting in cold and allied complications. If it be necessary to give Falsa syrup at all for specific reasons, she should stop taking it as early as possible and $\frac{1}{2}$ continue the use of Falsa fruits and should not drink water after taking sugar-cane juice.

5—Dates, Kaseru, unripe waterchestnuts, raisins and grapes are all beneficial in dysmenorrhoea cases. Unripe waterchestnuts and lotus leaves are endowed with unique properties of relieving the ailment.

Abnormal discharge through urinary canal of woman AND ITS TREATMENT WITH FRUITS

Some women are found to be suffering from this particular disease and the number of such patients is not small. The disease in which a watery fluid goes on flowing continuously is primarily that of the urinary system and not of the reproductive system. Though this defect does not produce much harm yet it creates definite reason for hating her ownself. The disease can be treated in the following way with fruits.

1—This disease when becomes chronic is a source of wastage of energy and hence it is just wise to nip it in the bud. Dry '**Pindaru**' and dry Phyllanthus Embelica taken in 6 grams dose morning and evening for three weeks with the syrup of liquorice root completely cures it.

2—This disease is cured within two weeks by taking 60 grams of ripe banana, 20 grams of Phyllanthus Embelica juice, 30 grams of honey and 20 grams of sugarcandy every morning and evening.

3—This disease responds favourably to the use of the Powder of **Vidarikand** (Ipomoea Digitata) and liquorice root in 6 gram dose with honey and sugarcandy for three weeks.

4—Take 6 grams of dry Phyllanthus Embelica fruits, grate them in a mortar then make it into a fine paste with water. Take it thrice daily mixing a little honey and sugar candy in it. It will cure the abnormal discharges from vagina and urethra.

5—The process of treatment of leucorrhoea as given above dose also suit the treatment of this trouble and is worth trying as per instruction.

TREATMENT OF CARDIAC WEAKNESS WITH FRUITS

Most of the women belonging to respectable families are

found to be suffering from weakness of the heart. They have generally got pain in the chest. This condition can be attributed to two causes; namely (1) their overindulgence which causes undue loss of their vital fluid '**Raj**' which corresponds to semen in men and (2) want of restraint on their part with regard to their sense of taste resulting in eating unsuitable, highly spiced, dry and heavy items of food. The defect caused by the second cause is amenable to the use of fruits.

The following seasonal fruits tone up the heart :—

1—Cocoanut, pears, apples, toddy and waterchestnut.

2—*Phyllanthus Embelica* is no less than a nectar for this disease and it can be used in any forms e.g. jam, jelly, Pak, linctus or Chyavanprash. The fruit tones up the functions of all organs and provides health by refreshing and revitalizing the slackened energies and removing bodily defects. It is good for children and ladies but its excessive use produces purging.

3—*Falsa (Griwia Asiatica)* and pomegranate too relieve cardiac inefficiency. 120 grams of falsa and 120 grams of pomegranate seeds are enough as medicine. Both fruits should be fresh and sweet. They are surely palatable if a bit sourish.

4—Cocoanut water too provides tone to the heart

USE OF FRUIT IN DEBILITY OF PREGNANCY

Some women become too weak when pregnant and as such suffer from a number of troubles. They can surely escape that condition provided they take to the use of milk and fruits. But self-restraint is very necessary to be observed side by side or the desired effect should not be expected.

1—Use of butter and sugar candy in digestible quantity is very advantageous to pregnant women and its amount should be increased according to the digestive capacity.

2—Milk and banana too are useful to pregnant women but only those who are in the practice of doing physical work can be benefited by their use. Women who take Physical exercises don't feel any sort of trouble either in the pregnancy period or at the time of delivery, 120 grams of banana, 120 grams of milk and a little sugar should be taken at a time.

3—Raisins and dry or fresh grapes too are very advantageous to pregnant ladies. The dose of these fruits is to be determined according to need and availability.

4—Both cool items and tonic fruits are highly beneficial

to pregnant women; apples, *Phyllanthus Embelica*, grapes etc. are worth mentioning among fruits of this category.

5—Pregnant women should be more cautious from the eighth month onwards, as indulgence in sexual intercourse and other untoward practices during this period may cause abortion or make the growing child in the womb, dumb, deaf, hunch backed or blind. They should not particularly indulge in coitus from the seventh month onwards, although it is far better to observe 'Brahmcharya' throughout the period of pregnancy. Use of purgative drugs is also prohibited as these can hurt the foetus.

POST-PARTURITION USE OF FRUITS

The pregnant women or one who has given birth to a child is responsible for the well-being of her own life as well as that of the off-spring. Delivery time is the most critical time of her life but Indian women are generally found to be suffering from a specific disease after child birth which in certain cases, can be attributed to unavoidable reasons, yet so many of them will, most probably be saved from all such untoward happenings, provided they subsist upon a rational and systematic use of fruits and milk. The following will be found to be beneficial to women after childbirth.

1—A slightly warmed juice of ginger should be given with honey or simple syrup.

2—Boil 10 to 12 raisins in milk and give the raisins to the women followed by the milk. This process should be repeated at least twice a day as it serves to keep her bowels clean which is fundamentally necessary for the maintenance of her health.

3—It may be noted that nothing cold or cooling should be administered to a woman after delivery. She may be given stimulant and hot items like 'Sunthi Pak', 'Jirak Pak' or similar other preparations made from a combination of ginger, eumiseed and Gur or allied substances as they are more suited to her condition. The above named preparation 'Paks' may, as a rule, include dry dates, dry grapes, Pistachio nuts, almonds and other similar dry fruits add to their efficacy in such conditions. The dose of such preparations can be fixed keeping in view the digestive capacity, liking of the patient and other circumstances.

4—A combination of dry waterchestnuts, dry *Phyllanthus Embelica*, *Terminalia Chebula*, Nutmeg (**Jaiphal**), dry dates, with Ghee, milk and sugar is an effective preparation to cure specific symptoms of the post-parturition troubles (**Prasuti**) in no time.

CHILDREN'S AILMENTS

As far as possible, children should not be given things of bitter or disagreeable taste. Anything meant to be administered to children should be tasty and its action upon their system should also be mild and agreeable. All experiments conducted in this direction resulted in the unanimous opinion that fresh and dry fruits are the most suited items for the treatment of children's ailments.

The use of fruits is far better, and highly effective in comparison with the ordinary bazar sweets. Fruits are the favourites of children of all ages on account of the presence of a pleasant combination of sweet, sour and alkaline tastes in them.

Fresh and dry fruits show nectarine effect in children's ailments. Oranges, grapes, banana, apple, lemon and pomegranate among fresh fruits and almonds amongst dry fruits are specially tasty and advantageous as promoters of health and vitality

WEAK CHILDREN

Infants who are not fed upon breast milk are mostly found to be debilitated and weak. It is good to feed such babies on the juice of ripe oranges which being rich in vitamins ensures the intake of necessary nourishment. Consequently they are saved from a number of diseases.

DEBILITATED BABIES

Children who have grown weak, underweight and rundown for lack of nutrition should be given half to one banana daily but here it should be noted that the child should not be suffering from dyspepsia or constipation.

CHILDREN GAIN WEIGHT

It is the opinion of American experts on children's ailments on the strength of their experiences that the administration of a mixture of cow's or goat's fresh milk 2 parts, hot

water-one part and orange juice one-part, saves them from a score of troublesome diseases. Similarly the use of orange juice with honey too has proved to be very advantageous in every respect. It was observed that infants gained one half of their former weight when they were regularly given the juice of 6 oranges every day.

NECTAR FOR CHILDREN

Ninty-nine percent of women in India bring up their little ones on their own breast milk and eighty percent of them have insufficient milk in their breasts; thus the children do not get proper food and nourishment. Sometimes the mother dies just after delivery and the infant has to be brought up on goat's or ass's milk which in several cases causes untimely death of the child as the poor creature cannot digest and absorb it properly. In other cases the child sucks from the breast of its sick mother and thus the contagion of the disease is transmitted to it also.

The child as well as the mother should be given enough of orange juice which will ensure proper intake of necessary vitamins which in their turn serve to nourish and save them from future ailments.

That even whole milk is not supposed to have more vitamins and other body-building elements than orange juice is the contention of modern experts. They hold that though milk can be named as the only item having the properties of food and water together yet orange juice has got similar elements in the same proportion; moreover, orange juice is considered to be better on the merit of its quick digestibility. Again, it is quite necessary for the betterment of health through taking milk that the stomach should be just in a position to digest and assimilate it thoroughly as only in this condition it can be transformed into body-building elements.

Then again, some portion of the milk, while undergoing the process of digestion, turns into waste matter which is to be flushed out soon or it gets putrefied and becomes toxic and the intestines then have to bear the burden and responsibility of pushing it outside the body. On the contrary, orange juice does not exert any pressure on the intestines, kidneys or the stomach and it readily gets digested to produce energy and vitality for the body cells.

Note :—Orange juice given to healthy children makes

them immune from many diseases.

THE MOTHERS

Those mothers who feed their children on breast-milk stand in need of vitamins which can very easily be supplied through orange juice.

DISEASES OF WINTER SEASON IN CHILDREN

It has been proved through experiences that children brought up on a regular diet of orange juice don't suffer from any sort of diseases in the winter season.

GRAPES VERSUS CONSTIPATION OF CHILDREN

Grape juice has proved to be highly efficacious for constipation of children and most nasty cases respond fairly well to a spoonful of grape juice daily.

CUTTING OF TEETH

Administration of a spoonful of grape juice to a child in the morning and evening checks the habit of unnecessary weeping and prevents teething troubles.

MARASMUS

A spoonful of grape juice given to children saves them from marasmus.

FITS AND GIDDINESS

Little ones who are suffering from fits should be given grape juice thrice a day and the ailment passes off within a few days.

English men generally give their children a spoonful of honey too with the grape juice to make them cheerful, beautiful and healthy.

SCURVY

Use of lemon juice with honey and cod liver oil on alternate days is very good in this disease.

STOMACH TROUBLES OF CHILDREN

Professor Moore of the Berlin University of Germany experimented on apple and found it very efficacious for several diseases, specially stomach diseases of children.

The learned professor fed children suffering from fever, dysentery and constipation on apple for two days consecutively, then he gave them other fruits also for the next two days and in every case purging stopped. Moreover the little patients did not show any sign of weariness as is so common after suffering from diarrhoea etc. It is noteworthy here, that no medicine other than apples was given to these children.

INTESTINAL DISEASES OF CHILDREN

Some of the modern scholars have proved that orange juice while being very easily digestible is no less than a specific for intestinal disorders and is good for infants who take nothing but mother's breast milk. They recommend its administration in a 60 grams doses mixed in 1 kg. of milk. Giving of such milk won't at all necessitate the making of any revision in the scheme of feeding or the quantity of milk and will rectify intestinal disorders, if any, and add lbs. to their weight.

Note—The juice of sour oranges may not be given at all, or if very necessary, it may be given only in a very small quantity as it may induce flatulence in the bowels.

INFANTILE LIVER

The best remedy brinjal 'Kalpa'

We may or may not know the value of a particular article but it is an undisputed fact that nothing in this wide world is useless or harmful to human life. The common fruit brinjal is an example of one of such articles. We have got so many sayings or proverbs regarding it that generally we are not inclined to count it among good or first ranking fruits while in reality it is one of the best among vegetables and is a better adjunct to improve the tone of the liver, reform its functions and cure mild enlargements of the liver.

There are three varieties of brinjal:—

- (1) **Bluish**—This variety is very common and it is for this colour perhaps that it has acquired its Hindi name 'Baingan'.
- (2) **White**—This is not so common as the above.
- (3) **Greenish pale**—This is rarely found.

BLUE

This is produced with a combination of the elements of Fire (Agni) and wind (Vayu). When its flower begins to

take the shape of fruit it draws blue colour mainly out of the seven colours of the sun. Thus the fruit on account of the presence of a great proportion of the aforesaid elements, extracts more iron elements from the earth and its outer skin wears a dark blue colour while the inner portion is stuffed with a white substance. If we place it under the sun or air after cutting it in a diametric section, its colour turns yellowish. We cannot of course, squeeze out much juice from it. There are a few more sub-varieties of this kind, some of which are light blue or greenish blue or having similar other mixture of colours. Yet, as regards qualities all are like. This variety is used in cases of debility, anaemia, sluggishness of the liver, constipation and jaundice.

WHITE BRINJALS

The white coloured fruits absorb all the seven colours from the sun, they are particularly rich in Fire (Agni) element. deriving peculiar qualities from the soil which primarily imbibes the Fire (Agni) element. White brinjals, consequently, stimulate the liver functions of glucose transformation and bile production increasing the output of bile, thereby making the faeces loose through the hot and purgative effect of the bile secretion. This excess of bile further causes distaste for food, dyspepsia and similar other symptoms. Its use completely regulates defective liver functions in children; the blue variety performs this action to a lesser degree on account of more Fire (Agni) and Wind (Vayu) elements therein and it is inferior to the white variety. Excessive use of the blue variety makes the faeces dry by enhancing the action of absorption and disturbs the functions of Apan Vayu in the intestine. This is the reason why the blue variety, some times, disrupts the functions of the stomach by making the faecal matter more dry and the bowels constipated; thus it suppresses the Wind (Vayu) when used in a smaller quantity but enhances it when used in a large quantity. The white variety tones up the digestive system when used in a small quantity but effects purgation if used in a substantial quantity. Such opposite quantities as regards the effects of brinjals are responsible for the circulation of different beliefs among the general public regarding their different functions in different men resulting in a general disregard of the merits of this useful fruit. In reality it is a nectar as far as its liver toning virtues are

concerned.

THE GREENISH PALE VARIETY

It resembles the white variety as regards its qualities and effects.

Only the white variety is used in 'Brinjal Kalpa' which is carried out according to the 'Vatatapik' method and not as 'Kuti Praveshik' method.

CONDITIONS IN WHICH THE AFORESAID 'KALPA' MAY BE USEFUL

'Brinjal Kalpa' can do good only up to the stage when the original tissues of the liver have not undergone a material change and are not cirrhotic.

Symptoms of non-formation of the fibrous tissues in the body of the liver are as follows :—

The liver does not seem to be hard on palpation, and the faeces of the child remain greenish white and emit a sourish smell a light pale coloured urine is passed. Other symptoms of fibrous tissue formation like abnormal production of slab bilirubin, disturbance of the functions of the liver, high fever and a peculiar colour of the skin are not present and the child still has some energy. That is the extent and scope of the effectiveness of this Kalpa.

SIGNS OF AN INCURABLE CONDITION

There is constant high fever, the skin takes a blackish hue, the urine is semi-liquid and casts a deep yellow pigment on cloth. Other symptoms like dropsy, diarrhoea or dryness of skin are present which signify the impending danger.

The curable conditions in children of all age respond to the use of brinjals which should necessarily be given.

Mode of administration :—

Strong children suffering from acute enlargement of the liver should be kept on bread and brinjals (roasted) only and 2 grains of 'Punarnava Mandur' or Mandur Bhasma alone should also be given thrice daily with the decoction of 'Kateri' or brinjals ; this results in considerable improvement in the condition of the child. This should be carried on for 17, 21 or 41 days regularly.

The quantity of 'Bhurta' or the roasted brinjals should be increased gradually for 7 days and then reduced to normal in

the same order. On the first day, 120 grams of the preparation (Bhurta) should be given in 3 or 4 sittings and this quantity should be increased at the rate of 25 grams per day to 250grams at least on the seventh day; children who are capable of digesting more of it may of course be given a comparatively bigger dose.

Effects of the kalpa:—

The kalpa causes passing of green semisolid stools after 2 days of its commencement, thereafter yellow stools of the same consistency are passed. The appetite of the child flares up by the end of a week and he shows a desire to eat. The increased production of bile tones up and regulates the functions of the intestines gradually, the liver gets reduced in size and with this the quantity of the Bhurta is reduced. An ordinary case is radically cured by this process but a more obstinate case may [require a second administration of the Kalpa which generally reforms the condition to a considerable degree. In more obstinate cases the dose should not be decreased after a week but should be carried on upto the end of the next week when it should be gradually brought down. If the condition does not respond favourably to the second term even, the scheme should be repeated for the third time.

For weak children, it is necessary to supplement its use with milk. A wise physician should reduce the quantity of the Bhurta when it produces liquid purging; in some children particularly, it effects considerable purging yet one should not be nervous to leave the course on this account but should try to stabilize the situation by reducing the amount of brinjals, further gradual increase in dose should be made only after complete recovery from the diarrhoea.

GENERAL COURSE OF TREATMENT

A number of children were put under experiment on this course and healthy village lads out of them were found to gain extra weight and vigour through the administration of bread and Bhurta of brinjals in the desired quantity without any medicine whatsoever, but in a number of other cases Mandur Bhasma was necessary to be prescribed and it is a rule worth while to use suitable medicines together with the administration of the Kalpa.

If the condition is attended by fever 'Bal Rast' two grains thrice daily should be prescribed which lessens the fever, provides the system with the necessary tone and energy and clears the colour of the urine. Constipated cases gave good response to the addition of 'Yakrit Plihantak Loh' in one grain dose morning and evening.

* Medicated pills ment for children and manufactured by The Rasayan Pharmacy, Delhi, India.

MISCELLANEOUS DISORDERS

The fruit that removes intoxication :—

The use of apples removes intoxication of a great drunkard even and removes completely his liking for wine and similar intoxicating liquors.

Taking boiled apples three to four times a day is very advantageous to those addicted to the use of wine and its regular use for a few days produces hatred in the minds of even habitual drunkards for all sorts of intoxicating substances.

A similar effect is seen by the use of Falsa, date or pomegranate, Phyllanthus Embelica, Bijora Lemon or cocoanut kernel when used in the form of syrup or **Thandai**.

ORCHITIS

The number of patients suffering from this ailment has increased considerably. The main cause of the disease lies in irregularity of the food.

Such patients should use only raisins with milk and observe strict 'Brahmcharya'. The use of potatoes, carrots and Gular too relieves orchitis; drinking warm water only accelerates the curative effect of these fruits.

DRY COUGH

Take 15 to 20 Aluchas (Common plum) early in the morning. This is something of a specific for dry cough and at the same time relieves fever, abnormal thirst etc. caused by heat stroke.

PAIN DUE TO INJURY

This recipe has been sent by Shri Attar Singh of Chhajapur. He writes that sufficient juice of Kamrakh should be extracted by squeezing to cook three ozs. of rice. Rice cooked in this juice should be given to eat to one who is hurt and he should be advised to draw up a cover and sleep for a while. This relieves acute as well as chronic pains even of 20 years stand-

ing. If the first dose fails to ward off the pain completely, a second administration may be necessary. This recipe acts like a charm and has been well tried on hundreds of patients.

INTESTINAL WORMS

Those who take much of sweet items mostly fall a prey to this disease and are consequently found to be suffering from various troublesome complication. Administration of a ripe palm leaf and lemon juice destroys such worms and similar is the action of flowers of Indian Night Shade (Kateri)

Note.—Taking one oz. of Gur dissolved in 60 grams of water (that has been kept overnight) early in the morning just before going to stools followed by 6 grams of powdered henbane seeds (Khurasani Ajwayan) with a glassful of water flushes out the worms with faeces. It has been well tried in the disease.

BLEEDING PILES

Vaidya Pt. Amba Lal Joshi Ayurved Vishared of Jodhpur writes that *Eugenia Jambolana* fruits should be taken with salt every morning for 2 to 3 months in its season. The use of the fruits in the said method in every season for 2 to 3 months saves the user from bleeding piles for the whole of his life and effects a radical cure. The recipe also works well in cases of liver and spleen derangements and a feeling of burning sensation.

USE OF LEMON IN FATNESS (OBESITY)

Lemon is just a specific for the aforesaid disease but it fails to effect a cure in cases where the cause of obesity lies in the defect of some internal organs of the body.

The scheme of treatment :—

Nothing but plenty of water should be given to the patient on the first day, then lemon juice mixed with an equal amount of water should be given four times on the second day, 5 times on the third day, 6 times on the fourth day and so on on subsequent days until the juice of 12 lemons is consumed per day. Thenceforward, the number of lemons should be decreased in the same order until three lemons are reached. No sugar is to be added to this juice.

The patient will of course feel weak and hungry on the first two but afterwards the condition will stabilize by itself and he

will be able to do his routine duties well.

EXTERNAL TREATMENT OF SKIN DISEASES

Skin diseases generally respond to the internal as well as external use of drugs. High grade blood purifiers have already been mentioned in this book. Here I am going to describe fruit specifics which are of unquestionable value as external applications

SCABIES

The affected region should at first be washed thoroughly with a decoction of Neem leaves and then lemon juice should be applied over it. This will rectify the defect but in more obstinate cases lemon juice should be mixed with water when applying on the skin. The upper peel of oranges too serves to cure skin diseases.

RINGWORM

Acute cases respond well to the application of the aforesaid recipe. For chronic cases plaster of mud should be prepared by mixing the extracted juice of orange peel and a little water in it. This mud should be applied to the ringworm affected area like a plaster. This area will be found to be swollen after an hour. Now this swollen portion should well be scratched with the help of a broken piece of earthen pot and a watery fluid will be seen to be oozing out from there; so much having been done, a new piece of some earthen pot should be placed over it which will absorb the watery fluid. That part should then be washed with Neem water (prepared by boiling neem leaves in water) and lemon juice or the juice of orange peel applied over it after drying the place with help of a piece of clean cloth. The above-mentioned local application will cure the ringworm, no doubt, but oral use of blood purifiers should also be continued side by side.

Note .—As the peel of oranges or lemons are available only in their respective season, this difficulty can be solved by preparing their oil in the following way—

The extracted juice of the peel should be boiled with Til oil until the whole of the juice dries away leaving the oil in the basin which should be kept safe to be used in place of the fresh juice when it is not available. This oil shows encouraging results in various skin diseases.

A TRIED RECIPE FOR ACNE
(A tried fruit specific)

Take gram flour (**Besan**) 60 grams and lemon juice 50 grams, mix and apply on the face after washing and rubbing it dry. Massage when a little dry. Then wash out and apply the juice of orange peel mixed with oil. Repeat the process daily for a few days. It will be found exceptionally useful for defects like acne, pimples etc. and for improving the tone of the skin and beautifying the complexion.

THE METHOD OF KALPAS OF FRUITS

Ordinarily we take fruits for the sake of their food value but they have got active medicinal properties as well, and hence are and can be used to ward off ailments with as much confidence as any good medicine can be. In olden times fruits were used to remove diseases, prolong the life and keep old age at a distance. Ancient and famous texts like Chark, Sushrut etc. can be consulted in testimony thereof. The famous recipe of Amalki Rasayan of Chark is nothing but Phyllanthus Embelica Kalpa. Naturopaths of even today make free use of fruits to combat bodily ailments and institutions and clinics where treatment of diseases is conducted through vegetables and fruits are functioning in even the farthest corners of the world. You can find such clinics in America, England, Germany, France, Italy etc. In short, there is no country where this treatment is unknown.

Able doctors posted in responsible jobs in those hospitals diagnose the disease and advise fruit diet etc. according to the requirements of patient, at times suggesting treatment with fruits or 'Fruit Kalpas' as the necessity may demand. The patient has to get admission in the hospital wards and take up necessary diet, baths, poultice or fomentation under the direct supervision of the physician who is responsible for the care and welfare of the patient there. This mode of treatment is now current in India too.

Naturopaths of India generally take this science as something adopted from Europe and attach its merit to the western doctors but it is regrettable that they don't try to trace its origin to their own country. The theory and practice of 'Naturecure, and the method of treatment through fruits and vegetables is not new to Indians. We find so many exhaustive and elaborate descriptions on the subject in our ancient texts that we cannot find a better thesis anywhere else. If Indian naturopaths take the trouble to go through Charak, Sushrut and other Ayurvedic works dealing with the science of health and dietetics, they will

no doubt, agree with my opinion. Here, of course, we come across certain Ayurvedic physicians who generally seem to have gone astray from the ancient classical science of healing and have changed their entire line of treatment at the instance of the Allopathic doctors, but Ayurvedic science is not to be blamed for this as it is either the fault of the changed times or the modern Ayurvedic physician themselves. It is necessary for the development and popularity of the Ayurvedic system of medicine that there should be elaborate and well furnished indoor wards where it may be possible for the Vaidyas to render medical help to patients through traditional ways of treatment in the form of proper dietary (comprising mainly of fruits, vegetables etc.) water baths, sun baths, steam baths, massage, fomentation, physical exercise etc. On the contrary it is customary for the Vaidyas of the day to depend upon the use of 'Rasas'. They generally don't study or pay heed to the necessity of advising proper diet to the patient. In this connection I would like to draw their attention to the contents of a famous 'Shloka' which suggests that on some occasions administration of proper dietary only can cure a particular disease but violation thereof can retard the cure even in the face of hundreds of patent medicines. The original 'Shloka' runs as follows : —

विनापि भेषजैर्व्याधिं पत्यादेव निवर्तते ।

नहि पथ्यविहीनस्य भेषजानां शतैरपि ॥

Though, generally, a desired course of abstention from food and the use of proper fruits or their juice can cure a good many diseases yet some fruits are administered in the form of a systematic 'Kalpa' to prevent and cure several ailments.

The ordinary method of conducting a 'Kalpa' is that the patient is first put on starvation for two or three days and then some particular fruit is given for a specified period. There are two kinds of Kalpas viz. (1) where nothing but one variety of fruits is indicated and (2) where the main fruit item is supplemented by the use of other necessary fruit varieties or milk. The former kind causes reduction in body weight and hence cannot be carried on for a long period because there are but few fruits that contain all the necessary body-building elements in the desired proportion to maintain perfect health, but the same can be given for a longer time if other necessary fruit item or milk is also included in the dietary.

Those who wish to attain perfect health through the use of fruits only should be cautious in making a selection of fruits.

which should be based on the inclusion of all the six rudimentary 'Rasas' viz. sweet, sour, saltish, pungent, bitter and metallic with a major proportion of sweetness which is comparatively more important for the upkeep of the body tone. The other consideration, while making a choice of fruits should be to see that a daily intake of proteins 60 grams, Ghee 60 grams, carbohydrates 450 grams and necessary mineralsalts and water which make the basic requirements of a young man is ensured through them as over all health is possible only when the ingested fruits, milk etc. duly supply the above to the human system.

The following fruits only are used for the purpose of conducting 'Kalpas' :—

Fresh and dry grapes raisins, oranges and other fruits having sour juice, mangoes, melons, figs, **Gular** and *Eugenia Jambolana*. Only 'Raisin Kalpa' has been given here in detail.

KALPA OF RAISINS

Raisins and fresh or dry grapes are similar as far as their qualities are concerned. The bigger variety of grapes makes raisins while the smaller one become dry grapes (**Kishmish**) on drying and hence there is no material difference in their effects upon the human body. Ordinarily speaking, grapes are comparatively more cooling by nature. Other qualities of grapes are given elsewhere in this book.

Here I wish to describe the method of conducting the 'Kalpa' with raisins; fresh or dry grapes can also serve the same purpose as raisins. There to four kg. of grapes are required every day and hence the Kalpa with grapes is a costly affair as the fruit sells at the rate of Rs. 6/- to Rs. 8/- per kg. while half to three quarter kg. of raisins costing about Rs. 4/- at the most provide the same amount of nutrition as the aforesaid quantity of grapes. Raisins, on the other hand, having more sugar than grapes, much less water element and being fully matured are highly advantageous and in fact are decidedly better and cheaper than grapes for the purpose of 'Kalpa'.

The 'Raisin Kalpa' is highly efficacious in case of asthma, bronchitis, nephritis, weakness of semen spermatorrhoea dyspepsia and lung affections and all these diseases are cured by it within a month because its administration makes the body fresh and increases its power of resistance. In some cases, more than a month's course is felt necessary. Raisin

Kalpa is the best adjunct for stimulating and revitalizing a debilitated constitution.

PREPARING FOR THE KALPA

One who decides to take Raisin Kalpa should get himself examined by some expert Vaidya and should also write down every detail regarding himself and his present condition and keep these data with him. In his personal diary he should particularly keep a note of the following :—

(1) Power to walk (2) Power to check respiration (3) Average respiration rate (4) Average sensitivity regarding various functions of the body (5) Maximum capacity of lungs (6) Weight (7) circumference of loins etc. and these details should be checked weekly. The sole object of maintaining these statistics is that it can provide one with the means to make a comparative study of his daily improvement during the period of the Kalpa.

THE KIND OF RAISINS OR DRY GRAPES REQUIRED FOR THE KALPA

The total quantity of raisins required for completion of the course of kalpa should be bought from the market and kept ready at hand. Some of these according to the prescribed dosage should be immersed daily in cold or tepid water for 12 hours after cleaning the dust and dirt. The raisins get swollen through this process but some of their sugar content is dissolved in the water.

Some people boil the raisins in milk to make 'Khir' adding a little rice but that way it can neither be called a Fruit Kalpa nor can it furnish comparatively better results. So the better scheme is to take raisins followed by water in which they were immersed. The use of raisins can be supplemented by the use of milk and sometimes with figs, almonds, dates and butter as continuous use of raisins alone for one month makes the patient fed up with them and tempts him to make alterations in his dietary. It then depends upon attending physician to see what desirable changes he can possibly make in the dietary of the patient.

HOW TO BEGIN THE KALPA

To begin with, a dessert spoonful of castor oil is taken at 5 P. M. The user should then walk for a mile at a hasty step

and return. One can work on the farm digging the soil or water the fields or have a ride on horseback if walking be not found desirable. Immersed raisins or dry grapes (these should originally weigh 60 grams) almonds 30 grams and butter 12 grams should be taken at 7 P. M. followed by 250 grams of cow's milk which should be sipped rather than drunk. This having been done, the patient should clean his mouth and teeth and gargle with saline.

The evening time should be spent in rest and he should go to bed early.

He should take three meals at 11 A. M., 4 P. M. and 8 P. M. respectively the next day and should consume 250 grams of milk, 125 to 250 grams of dry fruits, 30 grams of the butter, 600 grams of cheese and 125 grams to 450 grams of raisins. The whole of this menu can be divided into three parts by the patient at his own discretion i. e. the dietary may be taken in three equal parts or more or less in three sittings according to his own sweet will. Alterations in the amount of various commodities can also be allowed according to the strength, digestive capacity and other requirements of the patient. It may not be worthwhile to stick to the above-mentioned quantity of article of diet without taking into consideration the basic requirements of his body. He should sip plenty of water when thirsty. If hunger is not satisfied with the above-mentioned diet, the quantity of raisins can be increased still further, however, without decreasing the quantity of dry fruits.

The patient should take care to chew down the raisins or dry fruits thoroughly before swallowing them. The inner seeds of the raisins should also be chewed thoroughly provided that the teeth are strong enough to do so; these seeds also do contain nutritious elements.

When the 'Kalpa' is completed, the health of the user is considerably improved, the ailments cured and the body revitalised. It should then be given up gradually and vegetable soup, boiled vegetables, fruits and bread should, by and by, be taken. The living premises of the patient should be neat and clean and desirably ventilated. If possible some healthy place outside the city bounds should be chosen for this purpose, where he may enjoy walking in the open space. Deep

respirations and light exercise are also necessary for him.

All these factors are rather difficult to be provided at home and hence the 'Kalpa' should be taken at some suitable place under the supervision of an experienced physician.

BANANA : A NUTRITIVE FRUIT

Very few of the ordinary people are aware of the divine powers fruits are endowed with. We get a number of essential body-building elements by the use of fruits. Potassium bicarbonate in fruits acts in the body like **Jawakhar** effecting clear drainage of toxins through the medium of faeces and urine. The starch in fruits is much more easily assimilated than grain-starch; moreover, abundant intake of Vitamin C is also assured by the use of fruits like oranges, pomegranate, *Phyllanthus Embelica* and lemons. One should make use of fully matured and ripe fruits only. Taking of unripe or putrefied fruits produces disease like dysentery, diarrhoea etc. Patients should preferably be given juicy fruits and it is wise not to take water or milk after them. The best time for their use is from morning till noon or after mid-day upto 3 or 4 o'clock according to some experts. But it is definitely wrong to take fruits in the evening or later as the practice may cause acute diarrhoea.

Banana is a fruit that grows abundantly in tropical countries and is, so to say, a boon to the people living there. it is not only an item of food but also serves as a medicine to cure a good many diseases. Ripe banana if administered with tamarind and salt to a patient of chronic diarrhoea or sprue proves immensely beneficial and civil surgeon Dr. Parker testifies to its guaranteed efficacy even in many very serious and chronic cases. William Wright once wrote an article in a medical journal some 180 years ago about banana and its plantation in Jamaica. He wrote that it was the staple food of the rich and the poor alike in that country and commented that if this fruit had not been found there the place would have been totally unfit for human habitation. He further contended that it was to a great deal, due to banana, that the people of that land were so stout, strong, perfectly healthy and capable of doing very hard physical labour. Some savage races of Africa live on banana only for a few months

of the year. Children and men of sensitive nature whose digestive power has become weak are also benefited by its use. The bread prepared from the flour obtained by powdering the dried kernel of green banana is very fine, tasty and nutritive. Some bilious disorders are easily amenable to its use with milk. Some Englishmen who visited Africa as research workers and explorers, lived on banana flour only continually for three years without any bad effect upon their general health. If banana is supplemented with milk also nothing more is necessary to make it a standard diet. Milk is an essential item for the general well-being of the body and nothing else can replace it to provide the same quantity of energy. Mahatma Gandhi had for a long time excluded milk from his dietary but afterwards he realized its necessity and importance and started taking it as before.

Banana is a fruit which grows abundantly i. e. 113 times more than wheat. Six to fifteen tiers of bananas grow on one tree and each bunch weighs about 50 to 70 lbs. The bunches are cut off from the tree when the fruits are ripe and are kept covered in hay. When the upper rind of fruit becomes speckled with black spots it should be taken to be fully matured and fit to eat. The unripe fruit is digested with difficulty and can be used after cooking in the usual way like vegetable. The fructose of banana which forms one fifth of the fruit is assimilated very easily to be transformed into energy. We get an equal quantity of starch in it too.

Many men hold that this fruit begins to get putrefied as soon as its upper rind becomes black but the idea is altogether baseless. On the other hand it is the sign of full maturity and the right time to take it. Green and half ripe fruits should not be taken as a rule as they are not digested easily owing to the presence of excessive starch in them.

Banana has been termed the fruit of the poor as it is comparatively cheap and easily available everywhere and one gets 100 calories of heat and energy from one piece of it. It is fairly usefull and potent to ward off fatigue and make up fresh energy as its glucose content is very well absorbed in the system. In addition to fructose it contains calcium, magnesium, phosphorus, sulphur, iron and copper elements too, particularly it has got more iron and iodine in it. Though it lacks in protein and fat contents yet it makes a complete diet if milk is also taken with it as in itself, it is sufficiently rich

in Vitamins A, B, C, D and E. It should be included in the diet of a patient with scurvy when he has grown very weak and is losing weight. The process of putrefaction in the intestines is not at all encouraged by its use. The powder of its kernel if administered with milk, to children makes them rosy red and energetic which can be taken to be a general indication of total health.

Once the underweight boys in a school were provided with 2 bananas and 2 glassfuls of milk daily in the afternoon recess, apart from the two usual meals and this made up their deficiency and they were found to be normal on the next health examination. Patient suffering from renal disease are benefited considerably by its use; similarly this is no less than a specific for a number of intestinal disorders. The common belief that banana is constipative is based on delusion. On the contrary, it serves as a helping factor to relieve constipation. The inhabitants of Jamaica very seldom suffer from chronic diarrhoea or sprue as their main food is banana while amongst the population of Vagbonds Island we get a large number of men suffering from the disease because the people take food grains there. This is the report published by Captain Ciller of America after a careful survey of the mode of living of the people of the above two countries. Fortunately we have plenty of banana here in our country and should use it abundantly in its season.

Similar to apple, banana is useful for the brain and hence students freely use it. It is sweet, tasty mucilaginous and digestive fruit which produces more semen and relieves epistaxis, consumption and various other diseases originating from the disorders of Wind (Vayu), and Bile (Pitta). Take banana with pure honey after meals and it will relieve spermatorrhoea and gradually ward off chronic constipation too.

Take a ripe banana and place it in the dew under the open sky after inserting five black peppers or one long pepper in it. Eating these black peppers the next morning followed by the banana itself cures dry husky cough or bilious cough

UNRIPE BANANA

Unripe banana is a cool, heavy-to digest and constipative fruit. It destroys phlegmatic bilious and blood affections and sprue. Vegetable dish prepared by boiling unripe banana

and flavouring it by mixing 2 to 4 cloves, Coriander seeds, Turmeric, black pepper and common salt tastes desirably well and is useful for diarrhoea and sprue. An addition of little ground green mango and red chillies makes it even more tasty.

Administration of a banana containing a gram of slaked lime removes splenic congestion and jaundice.

A single dose of 3 to 5 bugs placed in a banana (which should be the product of Bengal) on Tuesday or Sunday wards off bleeding or blind piles for good. But the patient should not take banana again throughout his life or else the trouble may recur. A Bengali gentleman earned great fame in Lucknow by using this recipe.

Banana has considerable importance for Hindus and they use it in preparing 'Prasad' for 'Satya Narayan Katha' and performance of various other rituals and functions. Indians have been very well acquainted with its merits for a very long time.

Experience of readers who are benefited by the use of bananas will be accepted very gladly for publication in the next edition of this book.

Note—Some fruits are contradicted with milk but banana is an exception to that and can be used beneficially with milk.

Powder dried and unripe banana kernels, mix an equal quantity of sugar with it and take 12 grams of it with milk **Lassi**. This preparation thus taken removes haemoptysis, haematemesis, excessive micturition and gonorrhoea.

The above said powder can also serve in place of wheat flour and can be employed to make bread, **Halwa** etc.

ABNORMAL HUNGER

The patient suffering from abnormal and uncontrollable hunger should be given plenty of ripe banana and vegetable dishes made of banana. This condition generally occurs in the third stage of diabetes mellitus.

IN TUBERCULAR CASES

Ripe banana provides a sense of relief to the agony of abnormal heat in the system, increases vitality and alleviates cough.

ASTHMATIC SPASM

When the patient is in trouble on account of asthmatic spasm he should take a ripe banana warmed on candle fire after sprinkling powdered black pepper on it; this provides a sense of instantaneous relief.

SPLENIC AFFECTIONS

Taking of ripe banana mixed with powdered Plumbago Zeylanica (**Chita**) provides great relief in splenic affections. It causes satisfactory evacuation of bowels on the third day and cures even marked enlargements of spleen within three weeks. I think that banana can positively bring about a favourable change in cases of spleen atrophy caused by fatty degeneration. The spleen becomes low and palpable on account of such defect and the fact has been mentioned by Maharshi Charak, details of which can be read in our book on splenic affections

JAUNDICE

This disease originates on account of the mixing of bile in the peripheral blood consequent on liver disorders. In order to rectify this, one should take a ripe banana, besmear it with lime soaked in water and place it under the open sky to let the morning dew act upon it and enjoy it the next morning. Use of banana in this way relieves ordinary jaundice in 6 days and a chronic case in three weeks.

BANANA AS DIET

The use of banana can replace wheat flour in every respect and can be claimed as the best adjunct that may be employed for the purpose. Banana has got more vitamin contents than ordinary wheat flour.

LEUCORRHOEA

If a mucilaginous type of fluid has always been flowing from the vaginal canal in spite of the administration of valuable medicines, it can be stopped through the use of one banana a day and that will prove a specific for the same.

ALBUMINURIA

Passing of a white substance or albumin with watery urine

very frequently can be rectified by the following recipe. Peel off a ripe banana fruit, make a fine paste of it by manipulating in a white-silver or silver tray and throw out its fibres. Now mix 10 grams of the juice of *Phyllanthus Embelica*, 10 grams of pure honey and 20 grams of sugar in it and use it daily. The preparation displays marvellous effects very soon but all irritant and stimulative things should be desisted from and strict 'Brahmcharya' should be observed so long as the use of the medicine is carried on.

NIGHT DREAMS

Banana, if taken with 2 grains of **Vang Bhasma** and 1 grain of Silver Bhasma proves very efficacious in checking night discharge too.

DIABETES MELLITUS

In diabetic cases when one suffers from abnormal thirst followed by instantaneous micturition every time, use of fine quality Nag (Lead) Bhasma with a ripe banana shows remarkable effect but where pancreas is defective it should be taken with beaten curd only.

EPISTAXIS

Bleeding from nose is easily amenable to the use of one ripe banana with ten grams of the powder of the fruit of **Peepal tree** and ten grams of sugarcandy.

DEFECTS ON SEMEN AND SEXUAL WEAKNESS

Peel off a few ripe banana fruits and beat them into a fine paste; add desired quantity of cardamom (big). Silver foil 2, Gold foil 1 and a little honey to taste; its use should be followed by milk.

OR

A compound of one ripe banana, **Vidarikand** and powdered **Shataver**; 2 grams each relieves albuminuria and frequent micturition. The disease called 'Sulsulbol' in the Unani System of Medicine.

SYRUP OF BANANA FRUITS

Strain out a few ripe banana fruits rubbed with 200 grams of rose water through a cloth, add 300 grams of sugar and

prepare the syrup. This syrup refreshes the heart in the summer season. Some people like to add Phalsas or Tamarind fruits to make it a little sour in taste. Addition of the juice of Mulberry fruit to it removes irritation of the throat and stomatitis.

CHRONIC SPRUE

Those who suffer from ulcerative colitis or stomatitis get wonderfully quick relief by the use of banana and the fruit is really worth trying in such diseases.

IN TUBERCULAR CASES

Vegetable of bananas—

One whole fruit should be boiled with pulse and when its upper rind gets black by boiling it should be prepared as 'Bhurta' after mixing powdered cardamoms, cloves etc. in it.

Tubercular patients should use only such banana of which upper rind has turned black with denotes that the iron content of the upper surface has shifted to the kernel within. Patients suffering from anorexia should use the fruit with caution.

BURNS

None but one who has himself suffered from burn knows the agony of burns. If a plaster prepared by beating a ripe banana into a fine paste is spread upon the burn and supported by a cloth bandage, it offers instantaneous relief. Similarly, suppurating wounds can also be treated with it.

PHYLLANTHUS EMBELICA

Phyllanthus Embelica fruits are fully ripe in December and January (Magh). We get this fruit in the market right from December to April, thereafter fresh fruit are rare in the bazaar and it is the end of the season. The fruit that we generally got at the end of the season, which we call 'Chaiti Amlas' are fully matured and juicy but those at the beginning of the season, are not fully ripe and it is for this reason, according to my estimation, that writers of Puran have connected the name of magh with the fruit and have described its merits together with the month in the hope that the public would water the tree with a sense of reverence and provide the necessary nourishment. When it may be required to dry the fruit for medicinal purposes, it should be plucked from the tree in the month of February (phalgun) or March (Chaitra).

A PANACEA

The fresh fruit is light, laxative, quencher of thirst and diuretic. Like Ayurvedic physicians, Mohammedan Hakims, too very commonly use it in their medicines and hold it to be a bit constipative, but beneficial for heart and bodily defects. They also make use of it in external applications on account of its cool and astringent properties. It allays the sensation of heat in the body whether used internally or externally and hence its various preparations viz. jam of Phyllanthus Embelica etc. or the fresh fruits itself should be used in cases of palpitation of the heart or pain in the region of the heart which may be caused on account of heart trouble or excess of heart fruit. Patients suffering from excess of bile use its jam or the powder of the fruit with tepid or fresh milk daily and also include it in the diet to correct such defects. Leucorrhoea, bleeding piles, epistaxis, haematuria and passing of pus with urine and other allied ailments originating from bile disorders are cured through its bile suppressive action. Its squash should be taken in the summer as a

preventive against bilious diseases etc.

In case squash is not available, one should clean dry Amlas, after separating their stones immerse them in water at night in a new earthen pot or a glassware. Next day the water should be strained through a piece of cloth and drunk after mixing a little common salt. Those wealthy men who don't believe in old customs or dislike old and rustic techniques may put in a little honey and ice to make it more cool and tasty.

Persons who suffer greatly from summer ailments, whose system secretes excessive bile or who don't have a healthy appetite but like to take water again and again should use the afore-said Phyllanthus Embelica water and they will really find it a boon saving them from the nasty trouble.

A GOOD SOURCE OF VITAMIN 'C'

We don't probably get so much of Vitamin 'C' in any other fruit as in Phyllanthus Embelica. This vitamin occurs in the fresh juice of Phyllanthus Embelica 20 times as much as in orange juice and one fruit provides Vitamin 'C' equal to that of one and half kg. of oranges. Most of the vitamin content of fruits and vegetables is completely destroyed or diminished on heating, cooking or drying under the sun but this fruit is an exception. This retains its store of vitamins even on being boiled. The deficiency of this important factor, vitamin 'C', which is found in most of the people of India can be made up very easily and cheaply by the use of this fruit which grows so abundantly in our country. The forest department of India has been supplying this fruit to the military for this very purpose. It was supplied in powder form which looked much like a medicine rather than food; Phyllanthus Embelica is an important and wholesome fruit diet in addition to being a decent medicine.

BENIFITS OF PREPARING ITS SQUASH

Like that of various other fruits we generally don't get a squash of the juice of Phyllanthus Embelica in the bazar. I would like to advise those who carry on food preserving trade on a large scale or are producers of fruit squashes etc. that if they undertake manufacturing a squash of Phyllanthus Embelica juice also like that of mangoes, oranges, lemons etc.; a good demand for the stuff will be created in the market and it will prove a profitable business for them. The tree grows so

abundantly by itself in the greater part of the jungles of our country that we cannot make use of the total produce. From areas where it grows, it is brought to nearby cities and market for sale and what remains after the manufacture of jams, pickles and medicines etc. is stored after being dried. I believe that inspite of the above-mentioned items being manufactured a great part of the total produce is wasted and it is evident that provided the squash business is undertaken, we shall be able to utilize the whole of the produce of the land which in its turn will prove to be a definite source of addition to our national wealth.

The squash prepared by preserving fresh juice of this fruit will have great demand in our families, hotels and restaurants. The taste of fresh *Phyllanthus Embelica* fruit is palatably sour and its light metallic taste has got a peculiarity of its own. The sum and substance of a Punjabi proverb is that the secret and importance of oldmen's advice and the taste of *Phyllanthus Embelica* fruits are felt later. Primarily the taste of this fruit is sour and metallic but the proverb points to the sweet that follows and is felt at the end.

Fresh fruit and its fresh juice are quencher of thirst and vitalizer of the heart and body and hence its use as a squash in the summer as a thirst allaying drink will eventually be recongnised and its users will find it to be quite efficacious and beneficial. The colour of the fresh juice of *Phyllanthus Embelica* is an admixture of light green and white which looks very fine indeed. So, in respect of taste, colour, cheapness and medicinal qualities *Phyllanthus Embelica* squash and other drinks made from it are likely to become very popular in no time.

LEMON

After rigorous experimentation in his laboratory the famous electricity expert, Mr. A. E. Venis, proved that all fruits—fresh or dry—are suffused with a kind of electricity which feeds and nourishes the entire body and that no diet on earth can provide so much activity and energy to the system as fruits.

In 1902 a race between Dresden and Berlin was organised. Thirty two men competed in that 124 miles race and started from Dresden at 7.30 A.M. Carlman, who was strictly a fruit eater was the first to reach the destination in 27 hours while all the rest lagged behind.

From the above account it would be clear to my readers that the Almighty has infused a wonderful force in fruits and I here propose to take up lemon, a member of the fruit kingdom and discuss its high value as food and medicine.

There are a good many varieties of lemon but they are chiefly divided into two distinct kinds viz. sour and sweet. All sour lemons—may they be Jambiri or Kagzi are alike as regards their qualities and where Kagzi lemon is not available any sour lemon can serve its purpose very well.

Lemon is a cheap and easily available fruit and is commonly used in all countries in different forms with food to make it more palatable and conveniently digestible. It also holds a high place as a medicine and though there are several varieties of lemons yet there is great likeness in their properties and active elements.

Together with the similarities in qualities, there is a great similarity in their uses too. The uses of lemon which are described in the following lines should be taken as applicable to all of its varieties unless specially indicated. Generally the name 'Lemon' here stands for any variety that may be easily available.

Fifteen to twenty five gm. of lemon juice make an effective thirst-quenching drink in smallpox, measles, scarlatina

and other favers which are attended with abnormal thirst and a very hot and dry skin. It also produces wonderful effect in the heamorrhage of lungs, stomach, intestines, uterus, kidneys and other allied organs. Really it is a fine acid fruit that serves in the preparation of a number of delicious drinks and many other similar beverages. In scurvy, it not only cures the disease (being a rich store of vitamin 'C') but also helps to save the user from its future attacks.

Use of a mixture of lemon juice 1 part, water 3 parts and a desirable quantity of sugar, twice daily proves highly beneficial in scurvy. It is also very useful to mariners and other persons undertaking long voyage. Intake of warmed lemon juice shows good results in the elementary stage of catarrh and influenza fever.

15 grams of its juice relieves hysterical palpitation of the heart. Irritation and congestive sensation of pericardium is relieved by taking the juice of half a lemon mixed with water. Its juice also works well in dysentery cases when pieces of the mucous membrane of the intestines pass out with faeces. A hopeless patient of dysentery was cured by administering 350 grams of lemon juice daily. An admixture of an equal quantity of water and the juice of lemon serves as an antiseptic and its mixture with black coffee (without milk) prevents the recurrence of attacks of malaria. Mixing the juice of lemon with items of food like pulses, soup and vegetables after cooking them, makes them more palatable and assist in digesting them. Fruit juice and jam of lemon prepared in a natural form proves to be very advantageous to persons suffering from rheumatism, gout, backache sciatica and similar other nervous ailments. Here it acts by lessening the acidity of the blood, because the citric acid content of the fruit is transformed into alkaline carbonates within the body. A glassful of hot or cold water, in which lemon juice has been mixed, taken before breakfast or at bed time serves to clear the bowels exerting a mild laxative effect.

A pint of boiled water plus juice of 2 lemons to which a desired quantity of sugar has been added, taken at bed time acts like a charm in cases of nasty catarrh. A mixture of 4 drams of lemon juice, 4 grams of water and 8 grams of sugar relieves vomiting and indigestion. A weak solution of lemon juice in water is given as enema in diarrhoea cases. Administration of lemon juice mixed with salt, black pepper, Zira and *Alumina* flares up appetite, regulates bowels, relieves tympanites

or flatulence and serves as a preventive against cholera epidemic. Lemon, as a preventive against an attack of cholera, can also be taken in the form of sweetened or salted beverages, a little lemon juice mixed with warm water and a little salt added to taste does also serve the same purpose. Taking of lemon with food as a daily routine also saves from cholera. Those who cannot digest milk will find lemon juice quite deneficial to them. A solution of lemon juice in water is regarded to be better than plain water to quench the thirst of a diabetic patient. Daily use of lemon and salt is a nice cure for spleen enlargement.

Oral use of lemon destroys intestinal worms while external application (massage) combined with garlic juice kills lice infesting the roots of the hair.

Use of the juice of half a lemon and sugar mixed in fresh unboiled cow's milk expels lumps of accumulated mucous from intestines and relieves troubles like passing of mucous or faeces with a burning sensation, haemorrhage and intestinal colic or tenesmus.

Oral administration of a mixture of lemon juice and garlic juice wards off rheumatic trouble successfully.

Syrup of lemon relieves the discomfort of heart-burn or a feeling of abnormal heat in the system, palpitation of the heart, constipation and retention of urine.

Drinking of the juice of two lemons added to 100 grams of warm water does considerable good in phthisis case even.

Taking 25 grams of lemon juice after every 6 hours relieves the agony of nervous pains and diminishes arterial circulation of blood. It also provides marked relief and lessens abnormal heat in cases of intermittent malarial paroxysms.

Relief in troublesome thirst and abnormally high temperature of fevers is effected by the use of the syrup of lemon; 15 to 50 grams of its juice taken with warm water proves to be highly beneficial in cholera cases and in ordinary conditions.

Toxic symptoms produced by croton seeds or any other alkaline poisons are amenable to the use of lemon juice; similarly bad effects of narcotics like wine or opium are counteracted very soon by its use and relief in ailments like vomiting and flatulence also ensues.

Indigestion caused by the excessive intake of fatty substances is corrected by taking 30 grams of lemon juice in tepid water, thrice a day. Local application of the juice on the

testes furnishes a speedy cure in prurigo or orchitis.

Those who have protruding bellies on account of the accumulation of superfluous fat or suffer from general fatness for the same reason should take 30 grams of lemon juice just after meals at noon and night. It will show marvellous results within a fortnight resulting in loss of weight without feeling the least weakness.

Persons suffering from defects and debility of semen generally forsake taking sour things which is, in fact, a gross mistake. Formation of pure vital fluid cannot be expected without the intake of all the six (*Rasas*) tastes and hence one should continue taking sour thing also from time to time but those suffering from dropsy or anaemia should desist from taking sour things. Of course, the use of citric acid (extract of lemon) would be an advisable alternative for fresh lemon in the aforesaid conditions. Use of 'Nimbuk Drav' six gm. to ten grams mixed in twenty gm. of water morning and evening or after meals will serve to cure spleen and liver ailments, constipation, colic, anorexia, tympanites etc. Indian physicians regard juice of Kagzi lemon as a cure for bilious vomiting and believe it to be a strong suppressor of thirst and killer of intestinal worms. Ayurvedic physicians use its juice to purify '*Rasas*' and '*Uprasas*' like coral. I do hope that physicians and readers of this treatise will be profited by the above account of experiences which is based upon observations by experts of both eastern and western sciences.

PHARMACOLOGY AND THERAPEUTICS OF LEMON

Lemon is sour, suppressor of wind (*vayu*) and bile (*pitta*), digestive, and a stimulator of the digestive system. It is easily digestible, wards off intestinal worms and ailments like stomach troubles, colic and distaste for food. It should be employed to correct the disturbed equilibrium of the three fundamental *Doshas*, weak digestion, diseases of the nervous system, intestinal obstruction, cholera and poisoning cases.

Western doctors have also recognised and described the curative values of the lemon. According to Dr. Karl Muller, the research scholar on vitamins and winner of the Nobel Prize for Chemistry, lemon is endowed with the properties of destroying pneumococcus and acts like a charm in cases of cold and influenza and it is a powerful antiseptic.

Lemon contains vitamins A, B and C in different proportions.

Vitamin A helps in the growth and nourishment of the body cells. Its deficiency obstructs the proper growth of tissues allowing new crops of certain diseases to appear. So an adequate supply of this vitamin is very necessary. Lemon has got only one per cent of this vitamin in it.

The function of vitamin B is to render assistance in the proper working of the digestive machinery of the body which is so necessary for the health and well-being of the system. Its deficiency brings in diseases like dyspepsia, indigestion, tenesmus, constipation etc. We get 2 percent of vitamin B in lemon.

Vitamin C is necessary to ensure normal digestion and its deficiency creates ulcers in the stomach and intestines and various types of blood disorders, Pyorrhoea attacks the teeth and the organs of the body lose their usual tone rendering the entire system weak and worthless. Lemon is rich in vitamin C which is found to be about 8%.

Taking of lemon juice and orange juice together tastes very nice, in the absence of orange, lemon juice alone mixed with water can be administered. It is advantageous to take it in the morning and evening. It is better to make less use of it in the winter. It should be taken more frequently in summer and in the rainy season.

'Jawarish Ud Tursh', a Unani preparation, which contains lemon, is a fine medicine for the treatment of nausea or vomiting mainly cyclic vomiting of pregnancy which is so annoying upto the 4th month. It can show encouraging results in hyper-acidity cases where it should be used in 2 to 4 grams dose four times a day.

USE OF LEMON IN BLEEDING PILES

Taking of the juice of a lemon with 450 grams of cow's milk relieves bleeding from piles (Haemorrhoids).

SYRUP OF LEMON

Vinegar 100 grams, aqua rose 100 grams, lemon juice 100 grams and sugar candy 60 grams-mix and prepare a syrup from the above compound and use 10 to 20 grams with water in cases of bilious vomiting, nausea and excessive thirst. It diminishes the excess of bile.

SYRUP OF LEMON : 2ND RECIPE

Lemon juice 100 grams, aqua 150 grams, sugar or sugar candy 150 grams, black pepper 2 grams and seeds of cinnamon (big) 6 grams.

Mode of preparation :—

Mix and boil lemon juice, aqua and sugar to form a syrup to which powdered cinnamon seeds and black pepper should be added. The preparation should be licked by the patient at short intervals.

It is highly efficacious in relieving restlessness, nausea and vomiting, pain in the limbs and dryness of skin etc.

(1) Lemon is best for relieving dryness of the scalp and its juice mixed with water should be rubbed on the head for the purpose.

(2) Massaging the body with a compound of mustard oil 100 grams, camphor 3 grams and lemon juice ten grams shows marvellous effect in scabies, urticaria and allied skin diseases.

(3) Drinking a mixture of lemon juice one part and water 2 parts kills all bacteria which predispose the system to a number of ailments.

(4) Lemon is unique in warding off dental caries and other disorders of gums.

(5) Drinking of a syrup of lemon in the summer saves from sunstroke and alleviates agony and thirst.

(6) All sorts of stains and blots are washed clean with the help of lemon juice.

(7) Dermatitis and pains caused by mosquito, weevil and bug bite are relieved instantaneously by the application of lemon juice.

Kagzi lemon is regarded as the best of all of its numerous varieties.

MELON VERSUS DIGESTIVE SYSTEM

Melon is a common fruit which is known to every body in India and though we don't find its exhaustive description in ancient Ayurvedic texts yet it is perfectly sure that it has been known to Indians from good old times. Modern authors have divided it into three categories, viz :—

(1) Cucumis Melo (2) Cucumis Melo Var Momordica and (3) Cucumis Melo Var Utilissimus and the three kinds are so commonly known even to the ordinary farmers here.

(1) CUCUMIS MELO :—It is mostly cultivated in the sandy basins of seasonal rivers and other water courses where it is sown during the period of December to February at the end of the autumn and during the spring season when the water of the channels dries up. A vast difference is generally found to exist in the shape and size of melons of different provinces but that is negligible as there is no material difference in their qualities.

Its creeper spreads on the earth while the trunk is curved at numerous points. The leaves are almost round with a diameter of 7.5 cm. A very delicate and thin fur is found on both sides of leaves. The fruit looks very beautiful when ripe and is relished throughout India in the summer season.

ITS QUALITIES

Melon is a diuretic, energizing, laxative and nourishing fruit. Its kernel is a bit viscid, cooling and refreshing to the brain produces semen and removes insanity and other bilious ailments.

Ayurvedic works have adorned it with the name of the king of fruits and it is also called 'Dashangul' as it was held in high esteem by Bhagwan Vishnu according to the old mythology.

Unripe melon is bitter and a little sour in taste and if eaten, produces eruptions on the skin while over-ripe melon is sweetish, sour and some times causes epistaxis. Fresh and ripe

melon is a great nourishing fruit which provides energy to the body and displays diuretic and laxative activity.

It is diuretic, diaphoretic, cooling and soothing in the second stage of digestion. It removes extra heat and other allied defects of the stomach. According to Unani physicians its seeds are hot and soothing in the first and second stages of digestion respectively. It clears micturition and produces semen. Its seeds are employed to remove inflammation of the liver and other bilious affections.

The author of 'The Indian Medicinal Plants' has described that the people of China and Japan think its stalk to be cooling and soothing and use it in cases of indigestion and anasarca.

(2) CUCUMIS MELO VAR MOMORDICA

It grows on a creeper having small leaves and is produced with the 'Kharif' crop throughout India. The skin of the fruit is smooth which bursts up by itself when the fruit is ripe and wears a lovely yellow colour with greenish stripes thereon. One fruit may weigh as much as 4 to 8 pounds.

ANALYSIS OF ITS QUALITIES

Its flowers aggravate 'Tridosha' and produce indigestion. The unripe fruit is sweet, difficult to digest, astringent to the intestines, relieves phlegm (Kaf) and bile (Pitta) and produces wind (Vayu). The ripe fruit is considered to be hot as it produces bile.

The smaller variety is called 'Kachri' in Marwar; it grows abundantly there and the residents of that area store it after drying and use it as souring agent to vegetables.

'Kachri' is sweet, heavy-to-digest, dry, suppressor of bile (Pitta), phlegm (Kaf) and a bit constipative. It removes painful micturition, bladder-stone, burning sensation, spermatorrhoea, swelling and other diseases of a bilious or nervous nature. Unripe 'Kachri' relieves nervous, bilious and phlegmatic ailments while the ripe fruit is hot and hence stimulates bilious disorders but its seeds having a cooling effect are used as medicine.

Note : This fruit 'Kachri' does more harm than good and its abundant use in the rainy season may produce fever and a vomiting tendency, so its use should not be made in that season. If at all it is necessary to use

it in that season, it should be taken with its correcting agents like salt and black pepper.

(3) CUCUMIS MELO VAR UTILISSIMUS

The shape of fruit is long and oval with a maximum length of 0.5 meter. When unripe its colour may be dark green or even white but it adopts a beautiful orange colour when ripe. Its seeds are a little smaller than those of the other varieties of the melon.

There are numerous varieties of this fruit viz :

One that grows in summer, another that grows in the rainy season (Balam Kakri); and the third that grows in Panwari, Aranya kakari and cheenakakari etc.

DETAILS OF ITS QUALITIES

Kakri is sweet, dry, cooling and refreshing and induces clear micturition and improves taste. Unripe 'Kakri' is cooling dry, constipative, sweetish, tough to digest, reformer of taste and suppressor of bile (pitta), while the ripe one is hot and stimulates the digestive system and the production of bile (pitta).

The fruit that grows in the rainy season is sweet, light, cooling and diuretic; it improves taste, its upper rind is bitter, digestive (a bit constipative) and diuretic but is very useful for bladder stone and gonorrhoea. It is also an appetizer.

'Balam Kakri' is sweet, heavy-to digest and diuretic. It allays irritation and surplus heat of the system and relieves vomiting, bilious disorders, giddiness, painful urination and bladder stone.

'Cheena Kakri' is cooling, sweet and tasty but heavy. It produces phlegm (Kaf) and wind (Vayu) but relieves heart troubles, bilious disorders, extra heat of the system and inflammation.

According to Nighantu Ratnakar, all kinds of Kakries are heavy-to-digest, produce erysipelas and indigestion; fruit that grow in the winter or the rainy season are harmful and should not be used.

Unani physicians think it to be cool and moist, reliever of bladder-stone, extraordinary thirst and bilious ailments. The fruit according to their contention increases fat, induces clear micturition and serves as a laxative and defeverescent. Its seeds remove congestion and inflammation of the liver

and the stomach, and their use with 'Jawakhar' induces clear micturition and relieves diabetes mellitus. Dr. Loxburg has advocated the use of the powdered seeds as a forceful diuretic.

Though the main subject of this chapter is melon, yet readers may not find details of the qualities of its two other varieties to be irrelevant as they have been added with a view to making the information exhaustive and complete in itself.

The laxative action of the melon and the diuretic effect of its seeds are so important and repeated experiments have proved the necessity of physicians paying heed to their properties which may prove to be very advantageous to them and their patients.

The diuretic action of the seeds is very commonly known but the aforesaid laxative effect on the melon is still unknown to a majority of people. The belief that melons that are not fresh should not be taken is true and carries weight because stale fruits get putrefied very soon and their use is apt to precipitate trouble in the system; but this single defect cannot jeopardize its numerous meritorious qualities.

Consequent on the complexity of our ways of living and dietary constipation has been a perpetual source of trouble to a majority of members of our society and though this in itself is not a disease but a grave symptom of a number of ailments, yet it can boldly be asserted that provided the general public are aware of the laxative properties of the melon they could, to a great extent, succeed in warding off the nasty trouble.

It is very commonly found to-day that many men are addicted to the use of tobacco, tea or some other similar narcotic substance, but they don't take any sort of physical exercise. This bad practice debilitates the nervous system of the bowels causing obstruction to the normal way of digestion and healthy peristaltis. This adverse condition can very well be set right provided the bad practice is given up and the use of the melon is adopted.

Often disorders like dysentery etc. are attended with a soft and mucilaginous secretion in the intestines leaving some of their portions stuck up within and this condition persists for a long time finally forcing the intestines to contract. Melon is endowed with wonderful properties to expel this nasty

matter with faeces; papaya also has got the same quality but should not be used when the intestines are already congested or irritated.

In a number of cases of piles or fissure of the anus, the patient cannot make use of the intestinal tone to expel the faecal matter on account of the accompanying intense pain with the result that the accumulation of the faecal matter begins to increase in the sigmoid flexure of the colon or in the lower part thereof which leads to chronic constipation. The hard stool sometimes damages and takes off parts of the mucous membrane of the alimentary canal and there remains a constant danger of bleeding. This condition is very favourable for the use of the melon as it has the qualities to make the stool loose and expel it without causing any untoward sequence.

Many persons are in the habit of taking enema very frequently and they justify their practice by saying that the intestines are in no way hurt by the process, but there they are mistaken, they are making their system dependent on the practice altogether. Similarly there is a section of men who take purgatives very often which exert great pressure upon the intestines: again they don't allow the much-needed rest to the system after it, with the result that the faecal matter again gets accumulated soon after the purge demanding the use of a purgative or enema once again. Thus they get into the habit of taking purgatives or enema very often. In order to get rid of this nuisance one can depend upon the use of the highly efficacious melon which should be used with salt and black pepper in such cases.

Castor oil is really very effective where a very light laxative is required to clear the bowels in the early stages of the dysentery or diarrhoea but melon too won't be found to be, in any way, inferior to it for this purpose.

In the primary stages of dysentery when very bad smelling stools are passed owing to the presence of phlegm coupled with undigested matter, melon used with ginger, cuminseed (Zeera), black pepper, cinnamon and salt ensures proper digestion and removal of the stench of the faeces. The persistent flatus which is a prominent complication of diarrhoea and dysentery, is also relieved by its use.

Melon has got marvellous qualities to increase peristaltic movements and though it absorbs a meagre amount of water

from the system yet unlike many other purgative drugs, which act mainly through absorbing the intestinal fluid, it functions by increasing the peristaltic tone of the intestines which no doubt is its unique feature.

Isabgol also has got the excellent quality of loosening and making the faeces slip downwards easily; this property of cleansing the system without exerting the least bad effect upon the intestines is found in melon only second to **Isabgol**.

From the above account it is evident that melon has got an exceptionally powerful effect upon the intestines more so on the colon and hence we can derive the utmost benefit from this very common and ordinary fruit.

The cooling, refreshing and brain and semen toning qualities of its seeds are so commonly known to every Indian and consequently they use it, as 'Thandai' in the summer season. It is used in cases of painful and burning micturition or bladder-stone. Troubles like gonorrhoea etc. attended with painful and burning urination respond most favourably to its use in the form pf 'Thandai' mixed with a few drops of Sandal wood oil.

Lack of tone in the urinary system causes dripping micturition in some children, so much so that their napkins are always wet. Chandraprabha Gutika used with the Thandai of melon seeds as vehicle, shows wonderful effect in such cases.

DATES

This fruit is called 'Kharjuri' in Sanskrit and 'Dates' in English.

It is included in the categories of both dry and fresh fruits and can remain serviceable for a year provided that it is kept well secured in a box. We find in it 70% of body nourishing elements like easily assimilable fructose, calcium, iron, potassium, phosphorus, alkalies and also vitamin A and B in ordinary proportion.

Some well-known qualities of dates are noted below :—

(1) Patients suffering from diarrhoea and sprue, who wish to take something sweet can be allowed dates.

(2) Syrup of dates can be given in cases of diabetes insipidus and certain other diseases where ordinary sweets made of cane-sugar prove harmful.

(3) Syrup prepared from dates is also useful in cases of diarrhoea and marasmus.

(4) Taking dates with milk early in the morning in the winter season is found to be a better tonic than ordinary **Paks** and it is so easily available at the same time.

(5) Dates should be immersed in water at night and taken after making them into a fine syrup the next morning in order to secure a laxative effect.

(6) Rub dates in 4 ozs. water, strain through a piece of cloth and drink to get rid of a feeling of burning sensation in the system. The effect can be accelerated through using rose water or **Kewra** water in place of plain water.

(7) Dates should be used with honey in epistaxis cases.

(8) Drinking of dates rubbed in water has proved to be effective in over-intoxication caused by the excessive use of fermented liquors.

(9) Sweetmeat prepared with dates has proved to be preferable in all respects to ordinary fried eatables. Separate stones of dates, thin down their flesh into a fine paste, fry it on a slow heat in 60 grams of Ghee, then spread it to cool

down in an open basin which has already been besmeared with Ghee. Almonds, pistachio nuts, dry cocoanut and cinnamon can also be mixed with it in desirable quantities. The preparation can be cut into small pieces with the help of a knife blade and stored for a long time. This confectionery made without canesugar is a very fine tonic.

(10) Sixteen grams of clean dates which are made into a tasty syrup with water makes a fine beverage for weak and convalescent children and it should be given 3 to 4 times a day.

Note:—The above said preparation should not be given to infants of less than a month of age.

(11) Dates which are kept immersed in water for a while should be used by patients suffering from rheumatism.

(12) Syrup of dates is a popular drink of the summer season but I am giving below a more tasty, easily digestible tonic drink which can be used in every season with equal advantage.

Immerse a kg. of dates in 2 kg. of boiling water. Rub it with hands when bearably cool, strain through a fine piece of cloth, add a little more water, milk and sugar to taste; then enjoy like tea or coffee.

Cardamom, pistachio nuts and almonds can also be mixed with it if desirable as they make it even more beneficial. This is cheaper, more tasty and advantageous than tea etc.

MANGO

Mango is chiefly the product of India and is not found anywhere else. It grows abundantly in all plains and places having a hot climate.

There are two chief kinds of mangoes :—

(1) The fruit whose juice is generally sucked and (2) the fruit that can be cut into slices.

These two principal kinds are further subdivided into numerous other kinds which are endowed with a score of different qualities but, here I don't mean to discuss all such details at length but shall deal with the subject from a medical point of view only, i. e. possibilities of treatment of various disorders with mangoes.

Its names in different languages:—

Sanskrit:—Amra, Madhudut, Rasal, Ati Saurabh, Kamang, Makrand and Pik Ballabh.

Hindi :—Amb or Aam.

Bengali :—Aam

English :—Mango.

Malayalam :—Manga.

There are similar names of the fruit in different provincial languages and the people use it mainly for taste yet its use as medicine too is not uncommon and it shall be my prime endeavour to discuss the subject in the interest of my readers.

ANALYSIS OF ITS COMPOSITION

Peeled unripe mango :—Watery juice 81.5%, Cellulose 5%, Soluble mineral salts 1.5% insoluble salts 1.9% and some other elements.

The soluble mineral salts present in the mango contain necessary amount of potassium, tartaric acid and citric acid i. e. the active principles of lemon, tamarind, apple etc.

Ripe mangoes :—Yellow bilirubin, chloroform product (green bilirubin of mango), carbon disulphide compound, citric acid (a trace of it), Gallic acid and gum.

Flesh of ripe fruits :—It contains citric acid, compound of gallic acid (a trace of it), gum, moisture and oxides. In addition, to it, we find an admixture of 71% of galactose and pantose.

SOME NOTABLE FACTS

Mango is found throughout the length and breadth of the country except in the north-western zone. Mango trees which grow wild are found from Bhutan to Kumayun in the Himalayas. The trees are loaded with flowers (*Manjri*) in the month of March look very beautiful and pleasant but they fall off generally in the beginning of April and are succeeded by mustard-sized fruit. By and by these tiny fruits increase to the size of plums, which, by that time don't contain any fibres and they grow still bigger to attain normal size and fibres.

There are sour as well as sweet mangoes. Unripe mangoes are generally sour but even some of them taste sweetish on eating. Ripe mangoes are generally sweet and are abundantly available from July to September.

Fruits whose juice is sucked are tasty and easily digestible; some of them are even more tasty than the those cut for eating and their quality of being easily digestible is a speciality of their own.

Mangoes that are cut for eating (*qalmi*) belong to better varieties which are produced by grafting. Such fruits though they taste better yet their juice is a bit viscous and hence takes more time to be digested. This defect makes them second rate when compared to the other variety as regards food value.

SUB-VARIETIES OF MANGOES

There are very many varieties of mangoes. The two main kinds are already talked about and 'Bambaya', 'Langra', 'Malda', 'Krishna Bhog' and 'Ram kela' can be named as their sub-divisions; Bombay, Majhgaoon and Bengal are famous for the 'Malda' variety. 'Bambaya' though smaller than 'Malda' in size, is sweeter; 'Langra' is longer in shape and is very sweet and Banaras is famous for this variety. 'Safeda' and 'Dashabari' of Lucknow are endowed with unique features and are exceptionally sweet.

Mangoes ripen in baskets as well as on the branches of

trees. The fruits that ripen on the branch are better from the point of view of health while those ripened in baskets are sweeter than the former.

DIFFERENT USES OF MANGOES

They make what is called 'Amavet' by drying mango juice in the sun and it can be stored for some time. Then jellies and pickles are prepared from unripe mangoes; its flesh cut into slices is dried to be utilized as souring agent to food stuffs. The use of the bark as medicine and the kernel of its stone too is mentioned in Ayurvedic texts.

Some also prepare 'Bhurta', 'Panna' syrup and various other items of sweetmeat from the fruit. Green mango fruit is diaphoretic, a bit constipative and alleviates surplus heat in the system. The ripe fruit is a light laxative, diuretic and a good nourishing tonic. Unripe fruits are acidic, and a little constipative. They improve the appetite and relieve scurvy. Its bark is constipative and tonic. The bitter gum that oozes out of its hard bark is constipative. The kernel of its stone is analgesic and antiseptic. Its flower is cool and constipative. Dried slices of the flesh of unripe fruits are metallic in taste and laxative. They suppress scurvy, phlegm (kaf) and, wind (vayu).

According to the contention of the Unani Physicians, the unripe fruit is cool and moist (tar) while the ripe one is heat producing (garam) and dry (khushk) and the flower is cool and dry.

DEMERITS OF MANGO

The use of mangoes is injurious to men having a hot nature, as it aggravates their trouble like piles and dysentery. The fruit used on an empty stomach produces tympanites so it should not, as a rule, be taken as such but those suffering from intestinal worms should take it early in the morning on an empty stomach where its use destroys the worms.

Excessive use of its juice produces ailments like constipation, eye affections, blood impurities, seasonal fever and indigestion. Children who use it excessively generally suffer from skin diseases in its season. The defects enumerated above should all be attributed to the use of unripe mangoes as the defects produced by the excessive use of sweet mangoes don't trouble the user much.

CORRECTING THE DEFECTS ARISING FROM MANGO-EATING

The use of mangoes should be followed by the use of black salt and cuminseed. In case the use of mangoes precipitates considerable trouble one should take ginger-water to rectify it.

The following measures are also worth keeping in mind to correct the ill effects of mango eating :—

1—The use of mangoes should be followed by taking milk.

2—Taking of ginger-water is also beneficial.

3—The use of *Eugenia Jambolana* (**Jambun**) rectifies the evil effects of mango-eating.

4—Taking seeds of jack-fruit (*kat-hal*) is also a fine adjunct for the same purpose.

5—Taking of roasted blacksalt after eating mangoes checks any untoward after effects.

6—Drinking of a syrup of lemon juice saves from the possible bad effects of mango eating.

The user of mangoes should keep the above-said points in mind for the well being of his health

FOOD VALUE OF MANGOES

Unripe mango :—It contains 90% water, 0.7% of protein, 0.8% of fats, 0.4% of mineral acids, 0.8% of carbohydrates, 0.01% calcium, 0.01% phosphorus, 4.5 milligrams% G of Iron, 150 i. u.% G. of vitamin A, 3 milligrams% G of vitamin C.

Semi-ripe mango :—It contains 85.9% of water, 1.0% of protein, 0.1% of fats, 0.5% mineral salts, 12.5% of carbohydrates, 0.01% calcium, 0.02% phosphorus, 0.5 milligrams % G. of Iron, 1.60 i. u.% G. vitamin A 24 milligrams% G vitamin C. The percentage of vitamin B is still under observation.

Ripe mangoes :—86.1% of water, 0.6% of protein, 0.1% of fats, 0.3% of mineral acids, 11.8% carbohydrates, 0.01% calcium, 0.02% of phosphorus. 0.3 milligram% G of Iron, 4800 i. u.% G vitamin A. A very meagre amount of vitamin B and 13 milligrams% G vitamin C.

Description and details of the functions of proteins, fat and vitamins A, B and C in the system are not intentionally given here as they do not form the subject-matter of this volume.

There are numerous advantages in the use of mangoes. There are persons who hold that improvement or, so to say, development of the bodily health is possible only in the winter season but this belief has totally been smashed by this fruit. Its rational use can furnish the user with sound health even in the summer season, and it is needless to say that an irrational use of anything, whatsoever, never gives the user any benefit.

Mango is not only the most tasty of the Indian fruits but also the greatest nourisher of the vital organs of the body. The natural heat and energy of the system is enhanced by its use and it provides the body with many times as much energy as butter does. It increases taste for food and helps in its digestion.

The fibrous fruit produces extraordinary effects upon the digestive system and seems to be endowed with a divine power in this respect. According to my personal experience mango has got three definite properties :—

- (1) The rejuvenating and semen producing effect of mangoes, (Anti-impotency factor of mangoes).
- (2) Taste stimulating and appetizing effect of mangoes, (Digestive-tone improving factor of mangoes).
- (3) Complete treatment of sprue through its systematic use (kalpa); (Treatment of sprue through mangoes).

So in the remaining part of the essay I shall take up these three qualities of mangoes at length which I hope will be a source of advantage to my readers.

MANGO THE APPETIZER

Panna of mangoes :—

The taste of this pleasant preparation of mangoes can only be enjoyed in its season. It corrects even the worst condition of distaste for any kind of food very soon. It is said that the inventor of this recipe was Bhimsen, one of the five Pandavas.

The Mode of preparing 'Panna' from Mangoes:—

Boil green mangoes in water, wash with cold water when boiled and squeeze out their juice in a basin. Separate out the maximum quantity of juice from its stone as well; now to this clear liquid a desirable quantity of sugar and cold water, black pepper and camphor should be added to furnish the tasty drink. It is called 'Panna' in our language.

Now taking it with a small spoon or sipping it as the Chinese tastes very nice. They take it with bread as well. Those suffering from a feeling of distaste for food can derive great benefit through its use twice a week. Too much of every thing is bad.

JAM OF MANGOES : DIGESTIVE AND TASTE REFORMER

Jam of mangoes is a favourite item of my family. When unripe mangoes contain fibres, that is the best time to buy them to prepare jam or pickles because they last for a long period.

Big mangoes are better for the purpose of preparing jam. These mangoes should first be peeled off and then cut into big slices with a sharp knife. Making small slices is no good for the purpose. These big slices should then be boiled in lime water to such an extent that they do not lose their hardness. The water should then be thrown away and the mango slices spread out to allow their outer moisture to get dried. These should there-after be pricked with some sharp pointed implement taking care not to let them break in bits; then in a separate basin a viscid syrup of sugar should be prepared and the previously cooled slices of mangoes together with the syrup should be put and well secured in a jug made of china clay.

Note:—It may be noted that a combination of a little saffron (Kesar) to this preparation will make the colour of the syrup and the jam very fine and hence it is advisable to do so. The poor can get the same advantage by mixing a little Haldi (Turmeric) in place of saffron. Finally a desirable quantity of cloves, cardamom seeds (big) and mace should also be added before putting it aside for eating. It becomes usable on the 2nd or 3rd day.

It is an excellent nourishing, semen-producing and tonic substance which improves the taste and the semen but water should not be drunk after its use; milk can, however, be taken after it but never before it. The use of this pleasant tasty jam satisfies every body. Moreover, men of all ranks, may they be rich or poor, can be benefitted by its use.

TREATMENT OF SPRUE BY MANGO KALPA

Treatment through the 'kalpa' method has proved to be

highly beneficial for sprue cases and it is a better scheme to advise the use of 'Amra Kalpa' together with other suitable medicines. Kalpa should always be conducted under the supervision of some able physician who would be in a position to handle any complicated condition.

KIND OF MANGOES TO BE USED FOR KALPA PURPOSE

Fine sweet mangoes ripened in basket should be taken for use. It may be noted that their upper rind should not be green but should have turned pale, and its juice sweet and thin. Kalpa should be begun only when such mangoes are available; otherwise a diversion in the wrong direction may result in undesirable consequences like dropsy etc.

METHOD OF KALPA

The juice of five fine quality mangoes should be taken early in the morning at 6 o'clock and a little powder of common salt (Sodium Chloride), black cumin seed and black pepper should be licked after sucking each mango. Similarly five mangoes should be used at 6 P. M. supplemented with the aforesaid powder. An addition of two mangoes each time should be made to the above number on subsequent days i. e. seven mangoes each time should be taken on the second day, nine each time on the third day and so on.

In the beginning, rice and milk may be taken to satisfy hunger but eventually by degrees it should be stopped totally while the number of mangoes is increased sufficiently to satisfy the desire for food. The 'kalpa' can be carried on for a period of 40 days or more according to the discretion and advice of the physician but milk should be definitely increased with the increase in the number of mangoes.

Suitable medicines may also be administered side by side with the 'kalpa' which serve to accelerate the effect all the more.

It should be noted that taking a 'kalpa' in the rainy season requires the guidance of an experienced and able physician and those who have never practically seen the administration of the 'kalpa' system of treatment should not dare to undertake the responsibility. Lastly, Amra Kalpa is beneficial only to those cases that are not attended with dropsical symptoms.

FIG

The qualities of figs are mentioned in detail in one of the last chapters of the Holy Quran. The opening sentence of this chapter means that I take oath in the name of the fig and the olive tree. The commentators of Quran say that because of the fig being sweet, digestive, expectorant and promoter of the functions of the liver and the spleen the Almighty himself has thought it appropriate to begin the chapter with the oath of such a sacred (sacred because of its being extremely useful to human beings) thing.

AN IDEAL NUTRITIVE FOOD

Fig has a prominent place among fruits. Sweet, soft, tasty and pulpy, this fruit is a great health promoter. It is also easily digestible. Both dry and fresh fruits are used as food. Chemically preserved figs are sold in the markets packed in tins and bottles.

Dry figs contain about 50% of sugar and $3\frac{1}{2}\%$ of proteins. Fig is more nutritive than its equal weight of bread. One and a half pounds of fig contain about 400 G of carbohydrates which constitute about $\frac{4}{5}$ of the total daily requirement of the body. Figs are wholesome, dependable and a very useful fruit for those undertaking long journeys, as they do not decompose like other fruits. This fruit constitutes a major portion of the diet of the natives of Western Asia and Southern Europe. These people use them both fresh and dry.

Mahatma Gandhi acquired a fairly good knowledge of the nutritive value of different food articles by taking them one by one and noticing minutely the effects of each of them on his body. Dry figs have been a part of his diet for a pretty long time. Once he told me that he had used plenty of figs in different ways. While he was in Africa he used to eat figs of superior quality which were sold in the bazar in beautiful paper packing. He used 4 ozs. of them daily. Later

when he renounced the life of pomp and show, he replaced the finer quality with the ordinary type of figs which also he continued to use for a long time.

Figs are sold in the market in the form of strings made by perforating the fruits in the middle. As available in the market, they are generally dirty and hence it is necessary to clean them by washing thoroughly before eating.

Sometimes dry figs are left immersed in a little water for the whole of night. Thus they absorb water and become fleshy like fresh ones. Those who cannot eat dry figs because of their being too sweet will find these immersed ones to suit their taste. Being soft and pulpy the immersed figs can easily be chewed by those having weak teeth or sometimes no teeth at all, to chew dry figs. Gandhi ji liked the pudding of figs very much. It is not possible for old people who have got weak teeth or sometimes no teeth at all, to chew dry figs. Gandhi ji recommended powder of dried figs to such persons.

Having used it himself and seen its effects on the health of a number of other people, Gandhi ji reached the conclusion that this fruit is equally useful for brain workers and physical labourers.

The composition of mother's milk is very near to figs as regards the proportion of nutritive elements particularly the organic salts. Whereas the percentage of fat is higher in mother's milk, the fig is richer in sugar contents. In this way the total number of calories of heat produced in the body by each becomes approximately equal. Every pound of dry figs produces 1475 calories of heat. It is not worthy that figs are richer than wheat and milk in essential contents like iron, sodium and sulphur.

FIGS LEMA Wholesome Diet for Children

The nutritive elements including mineral salts are required in a greater quantity by children as their physical and mental growth is rapid which makes the rate of their metabolism very high. Prompt replacement of the body elements which are being continuously destroyed in the wear and tear of metabolism is very necessary to maintain the growth of all human beings, particularly children. Here fig plays a very important role. Being rich in all necessary nutritious elements and that too in a readily assimilable form it removes physical and mental exertion almost instantaneously and endows

the body with renewed vigour and strength. It is therefore very useful to include it in the routine diet

Dry figs without the combination of chemical preservatives are one of the most nutritious and health promoting fruits to be used in children's diet because unlike other articles mainly composed of sugar and starch, figs protect the teeth, are easily digestible and remove constipation. In short, figs are excellent whether used as a medicine or as regular diet. As a matter of fact they should be used abundantly in each and every house.

TOMATO

Elsewhere in this book, I have advised the use of tomato but very frequently people don't make proper use of this gifted fruit out of ignorance and hence it is worth while to explain a few points here in detail.

With the onset of the winter, tomato, which is called 'Amta Bhanta' is found in abundance. It is not an indigenous plant and was presumably brought here from America. Tomato was not so commonly cultivated in our country until as late as 1925 A. D. and they even used it with some hesitation; some orthodox people desisted from its use on religious grounds as well. But following the extraordinary praise that it has won from western scientists, it has now found its place amongst the fruits and vegetables that are grown so abundantly. It is sour in taste but its acidity is not pungent. In reality it is a sub acid fruit. In addition to vitamin A, B, C, D etc. it is also rich in Sulphur, Potassium, Iron and Calcium elements which show that the high approbation that has been attributed to it is right to a great extent. The vitamins contained in tomato are not destroyed in ordinary cooking. It loses some of its vitamin contents on boiling.

It is cold but at the same time splits up phlegm and hence removes sticky mucus. Being sour, its properties are heterogeneous to that of the starch. This is a fact which should not be ignored as it has particularly harmed the inhabitants of this land who generally take it in the shape of cooked vegetable with rice or bread.

Tomato is a sort of fruit which should be taken un-cooked. It is a nervine tonic and a purifier of blood. It removes constipation and strengthens the teeth. It is easily digestible and hence is recommended as a good diet for invalids especially in fevers, diabetes and after long fasts. It is said to be very effective in controlling the percentage of sugar in the urine of diabetics. Being a rich source of vitamin A it is a dependable preventive against night blindness, short sighted-

ness and other diseases of the eye caused by the deficiency of vitamins. It also contains a fairly good amount of vitamin C and is, therefore, a very effective and curative of scurvy. 20 grams of tomato juice given four times daily will stop bleeding from the spongy gums very soon and will be found to be extremely useful in curing eczema. Being a rich source of vitamins and mineral salts particularly those of Calcium and Iron it is a good adjunct to the children to promote their growth. One tea-spoonful of fresh tomato juice thrice daily will be enough for a child of one year.

For some time people have only been taking some citric sauce with articles of food to improve taste but now they have begun to relish bread-meal with tomato squash; this disagreeable combination may not seem to exert any untoward effect today but it is bound to manifest its bad consequences after constant use for 8 or 10 years.

It should be borne in mind that excessive use of the tomato diminishes the semen, affects it badly and thereby brings in impotency, which, in its turn, creates dissensions in family life. So, while taking tomato, we should not under rate its bad qualities. Tomato if used abundantly (say 1 kg. daily) may derange the digestive system because of its heterogeneity from starch. It retards starch metabolism particularly in old age.

As a fruit, tomato is a nice thing which increases the volume of blood and provides health, but its indiscriminate use surely bears adverse effects as well. It is better to use it as a salad or fruit while its use as a cooked vegetable is not commendable and should be refrained from.

In fact tomato is good as well as bad at the same time i. e. while its proper use enhances health and vigour, it proves injurious when used irrationally.

(1) Cut tomato, green **dhaniya**, onion and radish in the same plate : it makes a tasty salad.

(2) Fry tomato in a small quantity of ghee, add a little water, then strain through a piece of cloth and add sugar or **gur** to taste. It makes a nice delicious drink.

In my opinion, as much as 200 to 300 grams of tomato may be taken advantageously per day; taking more of it will prove harmful.

CARROT

Carrot is a root of the poor. In addition to vitamins A, B and C it also contains a substantial amount of iron, phosphorus and sulphur. It is also a rich source of carotene which is transformed into vitamin A in the human system. Modern scientists, therefore, advise its abundant use by healthy people in order to supply them vitamin A in adequate quantity. Carrot is a cheap root and healthy people should make use of it in good quantity. It is commonly known as a tonic tuber and is also extraordinarily useful so far as a balanced diet is concerned and being equally beneficial to the young and the old alike it is advisable to use it for the development and growth of the body. It increases immunity of the body from various diseases.

KINDS OF CARROT

Carrot is found almost everywhere in our country and it is of two kinds viz. 'Desi' and 'Wilayati'. The 'Desi' variety is blackish red while the 'Wilayati' is reddish pale in colour. The 'Wilayati' variety is better as regards usefulness and taste than the 'Desi' one.

CHEMICAL ANALYSIS

Being rich in iron, sulphur and carotene element, carrot can be used successfully in place of any potent medicine of the day that is meant to supply iron to the system. The iron element contained in carrots is more readily assimilable than that contained in medicines and hence it can compensate for nutritive deficiencies in a better way. The mineral salts contained in fruits and vegetables in their natural form are endowed with wonderful qualities to supply vital requirements of the body by directly mixing with the blood while those manufactured chemically in the body with difficulty. In fact, a large portion of such medicinal preparations remains undigested as residue and requires the utilisation of a

lot of bodily energy for its expulsion.

Carrot comprises a wholesome article of food notwithstanding the fact that it contains only little protein. It contains about 10% of sugar (fructose). In addition to red cells of carotene, iron, phosphorus, sulphur and mineral salts, carrot contains peptone, albumin and a kind of volatile oil which accounts for its medicinal value. The presence of the above mentioned elements in the carrot goes to make it a valuable nutritious item of food.

THE USE OF CARROT IN VARIOUS DISEASES

Carrot is a reliable preventive against dangerous diseases like sinus as well as diseases of the eye and the ear, if it is used regularly. It is also unique in relieving the burning sensation while passing urine and improving physical beauty. Hyperacidity is cured by the use of its juice in 6 to 8 ounces dose every morning and evening. Carrot is also a sure cure for gastric and intestinal ulcers and chronic constipation. Liver troubles, bilious disorders, jaundice and urinary disorders respond fairly well to the use of cooked carrots or their juice in a substantial quantity.

Eating carrots for 15 to 20 days continuously proves effective in diseases of the skin. Its juice is particularly useful in scabies. The juice prepared by boiling small pieces of carrots, mixed with gur to taste makes a fine and tasty beverage. The juice of carrots prepared by boiling it is highly advantageous to children. Carrot is especially beneficial in anaemia, scrofula and blood impurities. Application of boiled carrot kernel to chronic suppurative abscesses lessens the trouble. Dressing of blisters and other wounds having great burning sensation with crushed green carrots mixed with a little wheat and intense flour proves definitely useful. Swellings characterised by heat pain on touching are also soothed by its local application.

Carrot is also endowed with the qualities of allaying biliousness, colic, burning sensation and thirst; it also destroys intestinal worms prevents putrefaction in the digestive canal and produces desire for food. Its use is also advisable in cases of chronic dysentery or sprue. Carrot is, of course, not recommended for patients suffering from diabetes mellitus but its juice, being definitely a good source of calcium and sugar (fructose) is highly recommended for pethisia cases.

Its seeds serve as a nervine stimulant, invigorative and aphrodisiac and are also employed to induce menstrual flow in women.

The use of carrots with tomato and cabbage pools up the deficiency of vitamin A and mixing a little black pepper while taking it, removes its disqualification of producing wind (gases in the digestive system) and making the system stuffy.

Carrot and its leaves are also full of wonderful properties. Carrot rubbed in breastmilk is used as a nasal drop to stop hiccough; dropping the juice of its leaves in the nose and ears (to get the juice, the leaves are besmeared on both side with ghee, warmed, then crushed and the juice squeezed out of them through a piece of cloth) relieves hemicrania.

Toxins accumulate in the intestines due to defects in the digestive system and putrefaction sets in, which, in its turn, predisposes the system to the production of dangerous bacteria but the use of carrots prevents this process and kills the infesting bacteria. Carrot being very rich in vitamin A is recognised as a supplement to the use of milk, cod liver oil and olive oil and hence those who detest the use of animal products like cod liver oil can be benefitted by its use.

Carrot is an equally desirable nourishing food for quadrupeds like cows, horses and other animals. Cows are generally fed upon carrots to increase the quantity of their milk and make it more wholesome, sweet and tasty at the same time.

SOME OTHER IMPORTANT FACTS

Fresh and not stale carrots, contain the above mentioned qualities. Vitamin A contained in them is destroyed by frying them in ghee or in an open basin and hence it is advisable to avoid free access of air to the frying pan while cooking them.

Dried carrot or its marmalade or jam is devoid of most of those merits which are contained in fresh ones. People generally use it in the shape of a cooked vegetable, halwa (a kind of pudding), jam or pickle etc. but the vitamin contents are thus destroyed in the process of cooking and hence in order to derive the maximum benefit from it, carrot should be taken raw.

CASHEW NUT

Cashew nut is supposed to be the highest among all Indian dry fruits. Its significance increases more during winter season and is used more frequently. Due to its peculiar delightful taste and qualities it has become very popular both in nation as well as abroad. The Ex-premier of Russia Mr. Nikita Khrushchev is so fond of cashew nuts that he oftenly forgets the consultation of his doctor for its medical use. At the celebration of a social gathering in Indian National Exhibition held in July, 1963 at Moscow, he said, "Though doctors have suggested me not to take cashew nuts for my health, yet I can't help it".

No other country is at par with India in producing cashew nuts. The annual production in India is 80,000 tons but even then to meet its demand we have to import it every year from East Africa. India is earning a lot of foreign exchange by exporting the cashew nuts. About 90% of the demand of the international market for cashew nuts and its oil is being met by India, U. S. A. and U. K. are her prospective buyers. About 75% of the total production of cashew nuts is exported and 25% used in our country. In 1963, India could earn about Rs. 182 million by exporting its oil. It is being exported from India to U. S. A., U. S. S. R., East Germany, Britain and other various countries and is playing a major role among the dry fruits for earning foreign exchange.

PRODUCTION

Cashew nut was originally found in South America. Portuguese have the credit to bring it in India from Barazil, but now India is supposed to be one of the biggest producer of this item. In our country it is produced at the sea coastes where the climate is quite suitable for its growth. Madras, Kerala and Goa are major productive areas. 90% of the total production of cashew nut in India is produced here and rest is

available from Maharashtra, Malabar & Orissa etc.

The cashew nut tree is approximately 30-40 ft. in height and is found more in forests and hilly areas. It starts producing fruits in a short period of 5 years and becomes fully matured and ready within 10 years. Cashew nut trees keep on producing fruits regularly for about a period of 30-40 years or so and the annual production capacity of a fully developed tree has been found upto 10-20 kg.

Many efforts have been made to increase the production of cashew nut in our country. It was proposed in 3rd five year plan to grow cashew nuts in 3.14 lacs acre area and it is supposed to get additional 1,524.7 lacs kg. of cashew nuts from the trees planted in 4th plan and the succeeding plans. Thus, India will be gaining a production target of 3,049 lacs kg. cashew nuts by 1970.

CHEMICAL ELEMENTS

Cashewnut has got two varieties, black and white. Its fruit is very soft and delicate and the proper seed is attached at its exterior part. Cashewnut has got its own significance in diet because of its nourishing property. Its chemical composition is as follows :—

Proteins	21.2%
Carbohydrates	22.3%
Fat	46.9%
Resha	1.3%
Water	5.9%
Salts	2.4%
Calcium	.005%
and Phosphorus	0.45%

So far as vitamins are concerned it is rich in vitamin B and also contains a considerable amount of vitamin A.

Cashew nut is sweet and delightful in taste and it is a very good tonic. It is enriched with proteins and fats. The proteincous elements of cashew nut are supposed to be more vital than those of grains and pulses. Its proteins are claimed even better than that of meat. It is easy to digest because it does not allow any heavy element to accumulate inside the body and hence it is recommended for building muscular body.

It has also got its significance among fatty substances. Cashew nut contains more oil as compared to almonds, chestnut, groundnut, coconut and kismis. Cashewnut oil is presumed to

be more useful and better than olive oil, and also used in eatables. And so, it is supposed to be a good diet for health, strength, vigour and vitality.

FOR HEALTH

Being enriched in vitamin B-complex, the cashew nut is good for physical and mental health. It is a complete nourishing diet and a suitable medicine as well. It is useful for stimulation for appetite & nervous system. The thiamin part of it is good for constipation, indigestion, sleep, body aches, irritation and nervous weakness. It also contains a substance termed Riboflavin which keeps the body active, gay and energetic and plays a part in the formation of blood in the body. Hence due to all these significant properties the cashew nut is a complete and balanced diet in itself.

The cashew nut is somewhat light and hot. Its regular use is good for gas trouble, cough and the urinary and liver disorders. It is also useful in fever, worm infestations and boils etc. Intestinal disorders like dyspepsia, sprue and scatorrhoea also get cured by its use. Despite the fruit, its seeds are also used for treating many diseases successfully. The weakness of lower limbs can be cured by locally applying its paste, that is prepared by grinding it with milk.

Its raw-pulp paste in cold water gives maximum relief when locally applied on closed piles.

Cashew nut is the only dry fruit which can very well safely be taken during the whole year. The use of cashew nut in different tastes and in various ways is not only good for health but also provides a saturated meal to the human being. It is generally taken as it is, but is also taken alone with other dry fruits like kismis, date palm, almond and chestnut etc. Kismis and cashew nut are supplements of each other. When taken with kismis it removes constipation and if only cashew nut and kismis be taken once a day in winter season, one can easily be saved from a number of digestive disorders.

OTHER USES

Cashew nut is used in various ways. It becomes more tasteful on frying and making it saltish. It is also taken together with other eatables. Its powder (churana) is used in vegetable dishes and thus it not only adds the taste to the meal but at the same time makes it a nourishing diet.

In America and other countries, they prepare butter from the cashewnut. The sauce prepared after frying, grinding and adding salt to it is used with bread.

In Europe, cashewnut is taken after meals and its chocolate is particularly liked by all. In Africa, wine is prepared from cashewnut.

Cashew nut milk is prepared by dipping them in water for quite a sufficient time and then crushed and filtered. This milk is as tasteful digestible as that of cow. Curd can also be prepared from this milk.

Milk and curd of cashew nut is particularly useful for fatigue and physical weakness. Squash prepared by crushing almonds in cashew nut milk is quite relishing and satisfying from the prickly heat of summer.

JAM

To prepare fruit jam, the kernel of the fruit and sugar are the main requisites. Jam is prepared by boiling fruit kernel in syrup. This retains actual fragrance and the taste of fruits. Jam can be prepared practically from every fruit.

'Pectin' is an essential element for the preparation of a good jam. This is generally found in sour fruits. From the point of view of 'Pectin', mango, papaya, apricot etc. come in the medium category. It is, therefore, necessary to mix two or three grams of fresh lemon juice with every kg. of the kernel of these fruits while preparing jams from them. This will make good the deficiency of pectin and result in the preparation of a jam of good quality.

METHOD OF PREPARING JAM

Selection of fruits : Jam is very tasty to eat. It is not difficult to prepare it. Good and ripe fruits should be selected because only ripe fruit contain tender and fragrant kernel. But care should be taken to see that fruits are not over-ripe.

PEELING, CUTTING & CLEANSING OF FRUITS

Fruit should be peeled carefully with a sharp knife. After peeling it should be grated or cut in to big pieces after cleaning the seeds. Stones of the mango and seeds of the pear and the apple should always be removed.

MIXING OF SUGAR

The quantity of sugar depends upon the acidity of the fruit. If the fruit is sour, the quantity of sugar should be equal to the weight of the fruit kernel; but if the fruit is a sweet one, the quantity of sugar should be three-fourths of the fruit kernel. The sugar used should be refined.

PREPARATION OF JAM

Wash the kernel with water. Take a tinned cauldron or one made of aluminium and put some water and sugar in it. After some time when the syrup is ready, put the kernel or pieces of fruit in it and increase the fire. If the fire is slow, the jam takes a long time to get prepared and the fruits lose much of their fragrance and taste.

SIGNS OF PREPARED JAM

When the preparation of the jam reaches near completion, it begins to throw syrup showers. Keep on stirring it with a ladle carefully. By feeling the viscosity of the syrup between the thumb and the index finger of the hand it can be known whether the jam has been properly prepared or not. Also at this time a thin and fine layer of syrup is formed beneath the ladle it is taken out of the jam and the syrup besmeared on it is allowed to drop in the cauldron. When this stage arrives, the jam is ready and it should be removed from the fire at once.

Germs are mainly responsible for the contamination of jams. The containers should therefore be fully sterilised in the following way before putting jam in them. A clean jar or box should be put in boiling water for 10-15 minutes. Then it must be cleaned and sunned till it is thoroughly dried. But before putting the jam in the jar or box, it should be allowed to cool down, then filled and corked. After filling the jam into the jar melted hard paraffin should be poured over the top surface of the jar so that a layer of it is formed over it. This checks air from entering inside the jar and the jam lasts longer. The jam should be placed in a cool and dark place.

ESSENTIAL PRECAUTIONS

(1) Fruits should be such as are neither unripe nor over-ripe.

(2) Fruits which do not contain natural acidity should be boiled in syrup. Later on after adding some fresh lemon juice or citric acid, they should be again heated upto 200° to 221°F.

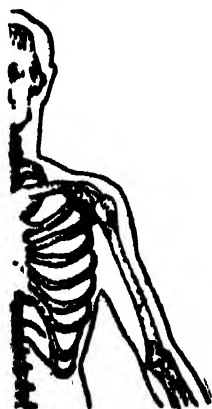
(3) Fruits that are too much sour or astringent in taste should be soaked in lime water of about 2 to 5% strength. Lime water makes soft over-ripe fruits a little hard.

HOW FRUITS FEED THE BODY



Protein makes muscles and flesh. Among fruits, dry fruits are the richest source of protein. Some of the prominent items rich in protein are :—

Lettuce, Soya leaves, Carrot leaves, Gram leaves, Cauli-flower, Jack-fruit-seeds, Water chestnut, Almond, Cashew nut, Groundnut, Pistachionut, Walnut, Banana, Cape goose-berry, Dates, Fig Guava, Jack-fruit, Peaches, Pears, Pomegranate. Radish, Raisin, and Custard-apple.

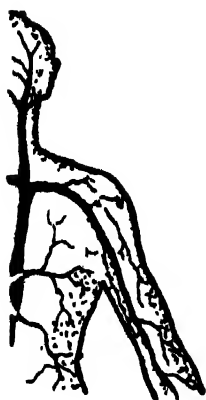


Calcium makes bones. Leafy vegetables are the richest source of calcium. Names of some of the prominent items among fruits and vegetables containing adequate quantities of calcium are given below :—

Amaranth, Bathua leaves, Carrot leaves, Bengal gram leaves, Gram leaves, Lettuce leaves, Neem leaves, Water-cress, Almond Pistachionut, Walnut, Cumin, Tomato, Turnip, Dates, Fig, Guava and orange.

Calcium is contained in fruits and vegetables in a very small percentage. It is therefore, not advisable to depend wholly on fruits for the adequate supply of calcium to the body. Milk and its products are the richest source of calcium and should form a useful adjunct to fruits for this purpose.

FRUITS THAT PRODUCE BLOOD



Iron is an essential constituent of blood cells and particularly haemoglobin which imparts redness to the blood. Adequate intake of iron is, therefore, necessary to increase the production of healthy blood in the body. The following items among fruits and vegetables are rich in iron and should be taken in abundant quantity for this purpose.

Amaranth, Bengal gram leaves, Carrot leaves, Gram leaves, Fenugreek, Lettuce, Soya leaves, Bitter gourd, Mango green, Pistachio nut, Walnut, Dates, Apple, Cape goose berry, Karaunda dry and Raisins.